

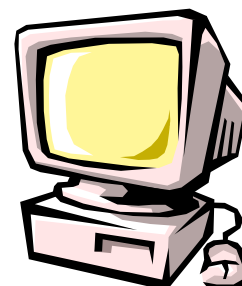
TABLE OF CONTENTS

1. EMERGENCY	3
2. GENERAL INFORMATION	6
3. ADOPTION AND FOSTER CARE	8
4. AIDS / HIV	9
5. ALCOHOL AND DRUG ABUSE.....	10
6. CHILD ABUSE AND FAMILY VIOLENCE.....	11
7. CHILD CARE.....	13
8. COUNSELING	14
9. DEATH AND DYING.....	16
10. DISABILITY SERVICES.....	17
11. DISASTER SERVICES.....	21
12. EDUCATION	22
13. EMPLOYMENT.....	27
14. FAMILY PLANNING	28
15. FINANCIAL ASSISTANCE	30
16. FOOD.....	32
17. HEALTH CARE.....	34
A. CHIROPRACTORS	38
B. DENTAL CARE.....	38
C. DOCTORS.....	39
D. EYE CARE	40
E. FOOT CARE	40
F. HEARING CARE	41
G. SPEECH AND PHYSICAL THERAPY	41
18. HOSPITALS	42
19. HOUSING.....	43
20. LEGAL SERVICES.....	45

21. MENTAL HEALTH	46
22. MOTHER AND CHILD HEALTH	46
23. NATIVE AMERICAN SERVICES	49
24. NUTRITION	50
25. PHARMACIES	51
26. RAPE AND SEXUAL ASSAULT	52
27. RECREATION	53
28. SELF-HELP RESOURCES	58
29. SENIOR SERVICES	59
30. SOCIAL AND SERVICE CLUBS AND ORGANIZATIONS	64
31. SUICIDE PREVENTION	67
32. TRANSPORTATION	68
33. YOUTH AND TEEN SERVICES	69

INDEX

Visit our web site at www.healthylassen.org



Health education and access to information is the foundation for building positive health habits in individuals and communities. Respect for our total personal well being is evidenced daily by our engaging in healthy behaviors, eating nutritional meals, exercising regularly, promoting health and safety, maintaining a healthy emotional outlook, and deriving meaning from life.

1. EMERGENCY

FOR LIFE THREATENING EMERGENCIES CALL:



- **FIRE** 911
- **POLICE / SHERIFF** 911
- **AMBULANCE** 911
- **POISON CONTROL** 1-800-876-4766
- **SUICIDE / RAPE / ABUSE** 257-5004 (24-Hour Hotline)

CRISIS LINE

257-5004

Services: Offers peer counseling on all subjects: suicide, depression, child physical and sexual abuse, domestic violence, family problems, alcohol and drug abuse, and information on all social service agencies in Lassen County, and the services they provide. A service of Lassen Family Services.

Hours: 24 hours per day, 7 days a week.

DOMESTIC VIOLENCE ASSISTANCE PROGRAM

257-4599

707 Main Street
Susanville, CA 96130

Services: Shelter, food, clothing, peer counseling, emergency transportation; help with domestic violence restraining orders and court advocacy. A service of Lassen Family Services.

Hours: 9 AM – 5 PM, Mon - Fri. Emergency shelter available through 24-Hour Crisis Line, 257-5004.

Charges: Clients are responsible for fees pertaining to their restraining orders. All other services are free of charge.

LASSEN AMBULANCE SERVICE

Mountain EMS, Inc.
P. O. Box 711
700 Ash Street
Susanville, CA 96130

Emergency: 257-2444
Business Office: 257-5525
(Billing information only)

Services: Ambulance service, advanced life support. Public Education Services: First Aid & CPR training, Andy Ambulance (911 Training), Ambulance Demos/DUI Demos for schools, blood pressure screening.

Hours: 24 hours daily. Office: 8 AM – 5 PM, Mon – Fri.

Charges: According to services. Blood pressure testing and most public education classes are free.

Other Information: Membership Program available to keep cost of Paramedic Ambulance service down. Current cost of membership is \$41 (Forty-one Dollars) per year.

LASSEN COMMUNITY HOSPITAL**257-5325**

560 Hospital Lane
Susanville, CA 96130

EMERGENCY ROOM

Services: 24-hour emergency room services with physician and nursing services at all times.

Eligibility: Available to all.

Hours: 24-hours, 7 days a week.

Charges: According to services. All types of payments accepted. For information, contact Patient Representative at extension 268.

LASSEN COUNTY MENTAL HEALTH DEPARTMENT**251-8108**

555 Hospital Lane
Susanville, CA 96130

24 Hour Emergency : 257-5004

Services: Emergency and Crisis Intervention Team.

Hours: 24-Hour Crisis Intervention.

Charges: Sliding scale fee, Medi-Cal accepted.

LASSEN COUNTY SEARCH AND RESCUE TEAM**Bob Trussel 257-5756**

P.O. Box 171
Susanville, CA 96130

Services: Search and Rescue Team, mountain rescue, mine rescue, cave rescue, man trackers, 4-Wheel drives, Medical Personnel, Hasty Team and Dive Team.

Hours: 24 hours daily.

Charges: Free.

LASSEN COUNTY SHERIFF'S DEPARTMENT**257-6121**

220 South Lassen / Sheriff Cady Ln.
Susanville, CA 96130

REGIONAL POISON CONTROL CENTER**1-800-876-4766**

UC Davis Medical Center
2315 Stockton Blvd.
Sacramento, CA 95817

Services: Emergency treatment recommendations for all types of poisoning. Staff are certified medical health professionals using computerized database for immediate response. Referrals given when appropriate. Also given is non-emergency information as time permits. Poison prevention program includes literature, stickers, and presentations by health education staff.

Hours: 24 hours daily.

Other Information: Business/Administrative line for literature requests or other non-emergency requests: (916) 227-1400.

ROAD CONDITIONS

(Susanville area): 251-5999
(California Statewide): 1-800-427-ROAD
(Reno area): (775) 793-1313

SENECA HEALTHCARE DISTRICT

130 Brentwood Drive
Chester, CA 96020

Ambulance (emergency only): (530) 258-2323

Business Office: (530) 258-2030

Services: Emergency medical transportation, advanced life support, stand-by emergency room services, physician on call.

Hours: 24 hours daily.

SIERRA LIFE SUPPORT

1540 Main Street
Susanville, CA 96130

Emergency: 257-9000

Business Office: 257-5362

FAX: 257-5364

Services: Ambulance service, advanced life support and basic life support. First aid and CPR training. Blood pressure screening.

Hours: 24 hours daily. Office: 8 AM – 5 PM Mon – Fri.

Charges: According to services. Blood Pressure screening and most public education classes are free.

Other Information: Membership Program available to keep cost of Paramedic Ambulance service down. Current cost of membership is \$30 (Thirty Dollars) per year.

SUSANVILLE CITY POLICE

1801 Main St.
Susanville, CA 96130

Emergency only: 257-2171

Business Office: 257-5603

FAX: 257-7366

Services: In addition to emergency services, the Susanville City Police Department also does fingerprinting for the general public on Thursdays and Fridays from 2 – 4 PM.

Hours: 8 AM – Noon and 1 – 5 PM, Mon – Fri.

WASHOE COUNTY SHERIFF'S DEPARTMENT

911 Par Blvd.
Reno, NV 89512

(775) 328-3001

72% of Lassen County youth between the ages of 12 and 18 have tried alcohol. The average age of first consumption was between the ages of 13 and 15.

50% of Lassen County adolescents have used tobacco products. Age 13 was the average age for first use of tobacco. 30% of those who use tobacco use it more than once a day.

23% of Lassen County adolescents have tried drugs. 22% of those who tried drugs currently use drugs. Current drug users are more likely to be females from homes earning \$50,000 to \$75,000 annually.

Although alcohol, tobacco, and drug use is reportedly high, the adolescents in a survey indicated that they were well educated in the harmful effects of alcohol, tobacco, and drugs.

2. GENERAL INFORMATION

AMERICAN CANCER SOCIETY

Susanville Branch Office
P. O. Box 1196
Susanville, CA 96130

**1-800-4-CANCER
257-9030**

Services: Answers questions about cancer issues (causes, diagnosis, treatment, and referrals) and provides free written materials on a variety of cancer-related topics.

Hours: 9 AM - 4:30 PM, Mon - Fri.

AMERICAN DIABETES ASSOCIATION

Western Region Office
10445 Old Placerville Road
Sacramento, CA 95827-2508

1-800-828-8293

Services: The Association provides free materials for patient, public, and professional education. Also offers referral services.

Eligibility: Serves the entire state of California.

Hours: 8:30 AM - 5 PM, Mon - Fri.

Charges: Based on cost of publications requested (most are free).

AMERICAN HEART ASSOCIATION

1372 Longfellow Avenue
Chico, CA 95926

**(530) 342-4247
FAX (530) 345-4072**

Services: Provides community programs, public and professional education and information; supports research. Specific programs available in Susanville are: Diet Newsletter, CPR course (Pre-Hospital Training Institute, 257-0249), and Heart at Work (employee health program). Heart Power school programs are also available on request.

AMERICAN LUNG ASSOCIATION

2732 A Cohasset Road
Chico, CA 95926

(530) 345-5864

Services: Provides free information on lung diseases and provides information on current lung/health issues.

Charges: Both free and low-cost services are available.

ARTHRITIS FOUNDATION

3040 Explorer Drive, Suite 1
Sacramento, CA 95827

(916) 368-5599

Services: Educational literature on arthritis and related topics. Self-help books. Support groups and exercise classes. Doctor referral lists.

Charges: Most services and literature are **free**.

FRIENDSHIP PLACE**257-2211**

P.O. Box 1701
55 S. Weatherlow
Susanville, CA 96130

Services: Hospitality Center, crisis intervention, jail and prison information and referral, and local transportation to visit at the prison. A service of Salvation Army.

Eligibility: Any prison visitor in need.

Hours: 2:00 PM – 9:30 PM on Fridays, and 7:30 AM - 4:00 PM on Sat. and Sun.

Charges: Donations.

LASSEN WORKS & SOCIAL SERVICES**251-8152**

P.O. Box 1359
720 Richmond Road
Susanville, CA 96130

Services: Referral and resource for a full range of services including financial assistance; supplemental food program; resources for neglected, abused and/or molested children; adoption and/or abortion; adult protective services; services for seniors. WORKS stands for Work, Opportunity, and Responsibility to Kids.

Eligibility: For most programs, age, income, and/or property limits.

Hours: 8 AM - 5 PM, Mon - Fri.

Charges: Free.

SUSANVILLE CITY POLICE COMMUNITY SERVICE OFFICER**257-5603**

1801 Main St.
Susanville, CA 96130

E-mail address: police@psln.com

Contact Person: Jessica Moss

Services: Neighborhood Watch Groups, police department tours,
McGruff the Crime Dog Presentations for groups.

Charges: Free.

**SUSANVILLE DISTRICT LIBRARY****251-8127**

1618 Main Street
Susanville, CA 96130

Services: Books, videos, magazines, pamphlets, and audio materials available for check-out. Computers are available for word processing and Internet access. A Health Information Center in the library has been created specifically for teens and their parents to locate information on topics such as drugs and alcohol, tobacco use, teenage pregnancy, AIDS, sex, abuse, and violence. Web site: www.infopeople.org/Susanville/



Hours: Tuesday, 10 AM - 5 PM

Wednesday, Noon - 7 PM

Thursday, 3 PM - 7 PM

Friday, 1 PM - 5 PM

Saturday, 10 AM - 5 PM

Closed Sunday and Monday

Charges: \$28 annual fee if you live out of the Susanville City limits.

3. ADOPTION AND FOSTER CARE

CALIFORNIA STATE DEPARTMENT OF SOCIAL SERVICES

(530) 895-6143

District Office, Adoption Branch
520 Cohasset Road, Suite 11
Chico, CA 95926

CHRISTIAN CARE FOSTER FAMILY AGENCY, INC.

257-6675

55 S. Lassen St.
Susanville, CA 96130
Email: ccffa@citlink.net

Services: A non-denominational treatment agency which places children 0 – 18 years of age in certified foster homes. Christian Care Foster Family Agency primarily works with abused, neglected, and abandoned teens. It is a bi-lingual agency with a Christian values program. It offers a strong parenting-partnership program for families and stresses reunification. It also offers a working partnership with certified foster families, and offers counseling services.

ENVIRONMENTAL ALTERNATIVES FOSTER FAMILY AGENCY

2003 Main Street
Susanville, CA 96130
257-6616

Administrative Office
P.O. Box 3940
Quincy, CA 95971
(530) 283-3330

Services: Residential services to neglected and delinquent children. Operates small group homes and foster families agency.
Eligibility: Any child capable of being in a non-secure facility. Do not accept severely retarded, autistic, or non-ambulatory children.

MOUNTAIN CIRCLE FOSTER FAMILY AGENCY

Susanville
530 Ash St.
Susanville, CA 96130
257-7407

Administrative Office
304 Crescent St.
P.O. Box 554
Greenville, CA 95947
(530) 283-5437

Quincy
547 Lawrence St.
P.O. Box 3912
Quincy, CA 95971
(530) 284-7007

Loyalton
600 Main St.
Loyalton, CA 96118
(530) 993-1744

Services: Emergency shelter, family respite, short-term foster care, long-term foster care, and children having children pregnant teen program. Specialized services include individual, group, and family therapy; tutorial assistance; summer recreation; Expressive Arts Life Skills (a 30-hour independent living program incorporating guest speakers, group process and hands-on experience); Therapy in the Wilderness (a program consisting of 3 trips a year).

Health Indicator: ECONOMY

The Lassen Arts Council has collaborated in the creation of 25 public murals in Lassen County since the project began in 1983. This creative venue promotes the historical heritage of Lassen County, and is an asset to local tourism and cultural awareness.

4. AIDS/HIV

CALIFORNIA AIDS HOTLINE

1-800-FOR-AIDS

Services: Information and referral regarding AIDS.

Hours: 9 AM - 9 PM weekdays, 10 AM - 6 PM weekends.

MOUNTAIN COUNTIES AIDS CONSORTIUM

1-800-472-5871

Services: Call for a resource guide, support, education and prevention. AIDS case management.

Hours: 8 AM - 5 PM, Mon - Fri.

NATIONAL AIDS HOTLINE

1-800-342-2437

RYAN WHITE SERVICES / HIV/AIDS

251-8183

Lassen County Department of Health and Human Services

555 Hospital Lane

Susanville, CA 96130

Office of Mountain Counties AIDS Consortium

Services: Confidential HIV testing weekly, AIDS case management, educational information, group presentations, support counseling, benefits counseling, resource referrals, Ryan White Program case management. Funds and support available to assist HIV/AIDS patients with medical and other costs and/or assistance with obtaining disability benefits in addition to legal assistance and resource referrals.

Eligibility: Desire information concerning the HIV virus or AIDS disease.

Hours: 8 AM - 5 PM, Mon - Fri.

Charges: None.

Other Info: For HIV testing it is not necessary to give a name. Call for an appointment.

WOMEN'S HEALTH SPECIALISTS

1469 Humboldt Rd., Suite 200

Chico, CA 95928

(530) 891-1911

1901 Victor Ave.

Redding, CA 96002

(530) 221-0193

3401 Folsom Blvd. Suite A

Sacramento, CA 95816

(916) 451-0621

Services: Complete well-women health care. All forms of birth control available, including the cervical cap; pregnancy testing and referrals; abortion (up to 24 weeks); prenatal referrals; common problems such as vaginal and bladder infections, herpes, and sexually transmitted disease treatment. Services include health education and an emphasis on self-help. Sonogram screening, fertility services, speaker's bureau, and resource library also available.

Hours: 9 AM - 5 PM, Mon - Fri; Saturday by appointment.

Charges: MediCal accepted for all services. Sliding fee scale based on income.

No known cases of maternal HIV infection have been noted in Lassen County.

5. ALCOHOL AND DRUG ABUSE

ALCOHOL AND DRUG ABUSE HOTLINE

1-800-252-6465

ALCOHOLICS ANONYMOUS HOTLINE

257-2880

LASSEN COUNTY DRUG AND ALCOHOL

251-8112

476 Alexander Ave.
Susanville, CA 96130

Out-patient Services: Individual, group, and family counseling; adult and juvenile referrals; structured out-patient program; special out-patient recovery program for pregnant, post partum, and parenting women.

Community Services: Public speaking, educational classes, school presentations, public information, pamphlets, crisis intervention, and referrals. Resource library of video tapes, audio tapes, and books.

Continuing Care Program: Women's Group (alcohol & drug); Detox referrals; Recovery Program referrals (residential treatment); drop-in center for supportive atmosphere; re-entry services.

Eligibility: Volunteer or referral for counseling.

Hours: 8 AM - 5 PM, Mon - Fri.

Charges: All services on a sliding scale basis.

LASSEN COUNTY PUBLIC HEALTH DEPARTMENT TOBACCO USE REDUCTION PROGRAM

251-8357

1345 B Paul Bunyan Rd.
Susanville, CA 96130

Services: Cessation program for teens, self-help resources for adults.

Home of **Dandy the Smokeless Dragon**. Web site: www.dandydragon.org

Hours: 8 AM - 5 PM, Mon - Fri.

Charges: None.

California Smoker's Helpline: 1-800-7NO-BUTTS

California Chewer's Helpline: 1-800-844-CHEW

To report illegal tobacco sales: 1-800-5ASK-4-ID

LASSEN INDIAN HEALTH CENTER HUMAN SERVICES DEPARTMENT

257-2542

795 Joaquin Street
Susanville, CA 96130

Services: Individual, group, and family therapy to treat alcohol and drug abuse and mental health disorders for American Indians and non-Indian members of Indian households. Comprehensive youth program for prevention of these problems. Staff includes: mental health therapist, clinical psychologist, substance abuse counselor, and youth counselor.

Hours: 8 AM - Noon & 1 - 5 PM, Mon - Fri

Charges: Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

6. CHILD ABUSE AND FAMILY VIOLENCE

CHILD PROTECTIVE SERVICES

251-8277

720 Richmond Road
Susanville, CA 96130

Why do children get taken into protective custody?

A child may be taken into protective custody when a peace officer, probation officer or social worker reasonably believes the child's safety is in danger and the protection of juvenile dependency court is needed. One of the following conditions must appear to exist:

1. When a parent or person who has custody fails to provide proper care or supervision;
2. When a child is not given adequate food, shelter (home), or clothing;
3. When a child is physically dangerous;
4. When a child's home is dangerous because of neglect, cruelty or physical or sexual abuse, by a parent, guardian or someone else in the home.

Where does a child go after taken into protective services?

Children go into children's shelters or a licensed foster home. The parent is told where the child is unless the social worker believes it would be dangerous to the child. The parent has the right to apply to juvenile court for review within 24 hours if the social worker won't tell where the child is.

When will a child be released from protective services?

The child may be released immediately. The social worker assigned to the child's case will review the reports and decide what is safe for the child at the time. If the child is not released, the child may be temporarily placed in:

1. The home of the other parent
2. The home of the responsible parent.
3. A foster home or similar placement.

COURT APPOINTED SPECIAL ADVOCACY PROGRAM (CASA)

257-4599

707 Main St. / P.O. Box 701
Susanville, CA 96130

What is CASA?

CASA volunteers are Court Appointed Special Advocates for children and are trained community volunteers appointed by a judge to speak up for abused and neglected children in court.

What does a CASA Volunteer Do?

When a CASA volunteer is appointed to a child's case, he or she is responsible for taking the time to find out as much as possible about that child. CASA volunteers search for information. They review records. Interview parents. Talk to teachers, neighbors, and - most important - the child.

Child abuse is a major concern in Lassen County. This concern is supported by the fact that the response dispositions for child abuse and neglect in 1996 were 198.2 per 1,000 as compared to the California State average of 74.8 per 1,000 population. Lassen County also has significantly more children living in foster care.

LASSEN FAMILY SERVICES

707 Main St. / P.O. Box 701
Susanville, CA 96130

257-4599
Crisis Line 257-5004

Services: 24-Hour Crisis Line; Temporary Restraining Orders; emergency shelter and transitional housing; emergency transportation, food, and clothing; hospital & law enforcement accompaniment; crisis counseling and community referral; legal aid/court advocacy; domestic violence and sexual support groups; parenting classes; teen group; out-of-area transportation; prevention programs and presentations.

Hours: 8 AM – 5 PM, Mon – Fri. **24 Hour Crisis Line # 257-5004.**

Charges: None. Lassen Family Services is a grant funded, non-profit organization.

MARY GILBERT, ACSW / BATTERER'S TREATMENT PROGRAM

257-5462

617 Main Street, Suite #207 & 210
Susanville, CA 96130

Services: Support Group

Hours: Call for appointment

Charges: Sliding Scale, MediCal and most insurances

MODOC CRISIS CENTER / T.E.A.C.H.

112 East 2nd Street
Alturas, CA 96101

(530) 233-3111
Crisis # (530) 233-4575
1-800-291-2156

Services: 24 hour crisis hotline, emergency shelter, emergency transportation, individual and group counseling for women and children victims of domestic violence or sexual assault, advocacy, accompaniment to court and referral services, emergency food and clothing, TRO assistance, household establishment, rape prevention and community education presentations.

Shelter Capacity: 13 (plus 1 crib)

Charges: None

More evidence of domestic violence can also be found in juvenile justice records. In 1996, there were 98.6 per 1,000 population juvenile law enforcement dispositions for children ages 10-17 in Lassen County. The average for California was 73.6 per 1,000. According to the Office of Juvenile Justice and Delinquency Prevention, approximately 15.4% of all juvenile crimes committed in California in 1997 were violent crimes. In Lassen County, approximately 24.2% of all juvenile crimes were violent in fiscal year 96-97, and 25.8% of all juvenile crimes were violent crimes in 97-98. This is alarming as many studies have indicated that juvenile violence may be a result of seeing violence in the home. Lassen County's rate of juvenile violence seems to be consistent with its increased prevalence of domestic violence which is much higher in domestic violence calls to law enforcement agencies than the California State average. In 1996 there were 322 domestic violence calls for assistance.

7. CHILD CARE

ALTERNATIVE PAYMENT PROGRAMS

257-3005

P. O. Box 8
Susanville, CA 96130

Services: Housing assistance and child care.

Eligibility: Must meet financial guidelines.

LASSEN CHILD & FAMILY RESOURCES

257-9781

336 Alexander Avenue
Susanville, CA 96130

Lassen Child and Family Resource offers a variety of information and resources to meet needs of children, parents, child care providers, agency personnel and the general public. Programs include Child Care Resource and Referral, and subsidized child care services.

Child Care Referrals: Brochures and information on parent and child issues, and referrals to licensed providers with child care openings are available.

Licensing Assistance: Staff will provide information on licensing requirements, assistance in completion of the application materials and provision of resources in the administration and daily operation of a child care program. A bimonthly Family Day Care Orientation class is also offered.

Lending Library: The resource lending library consists of toys, books, tapes and records available to parents, providers and the general public. Items may be borrowed for a two-week period at no cost. The library is open from 10 AM-3 PM, Mon-Fri.

Car Seats: Seats are available on a six-month loan for a deposit of \$10.00.

Newsletters and Workshops: Newsletters, including information on nutrition, activities, advocacy, local events, and other items of interest to families are distributed quarterly. Workshops are offered on a variety of subjects as needs are identified, including Family Day Care orientations on a bimonthly basis.

Subsidized Child Care Programs: Subsidized child care for income-eligible families is available through Cal WORKS, Latchkey and Block Grant Programs. A special child care program for 3 and 4 year olds is also available to qualifying families.

Hours: 8 AM – 4:30 PM, Mon – Fri

C.A.R.E. PROGRAM

251-8837

Lassen Community College
Highway 139
Susanville, CA 96130

Services: Assists single parents with child care. The CARE Program is a state funded program providing support to re-entry students who are CalWORKS and AFDC single heads of household wanting to attend college. The program provides off-campus child care reimbursement for infants and children under the age of 14 years. Children 3 through 5 years old are placed in the college child care center and the cost is covered by the CARE Program.

Eligibility: Lassen Community College students who meet eligibility guidelines.

8. COUNSELING

BOWER, GAYLE, MFT

(530) 258-3900

328 Main St.
Chester, CA 96020

Services: Psychotherapy for individuals, couples, and families dealing with depression, anxiety, stress, relationship problems, and substance abuse.

Specialty: Marriage and Family Therapist.

Hours: By appt. Offices in Chester and Susanville.

BRADLEY, ROSALEE, Ph D.

257-4818

803 ½ Main St., Suite 101
Susanville, CA 96130

After hours/Emergency: 253-2265

Services: Psychological counseling. Relaxation skills and stress management. Individual or family counseling available.

Specialty: Work stress, workmen's compensation and industrial injury-type stress counseling.

Hours: 11 AM – 7 PM, Mon – Fri.

CEDARWOOD COUNSELING CENTER

257-3115

803 ½ Main St., Suite 104
Susanville, CA 96130

Tim Nolan, PhD

Services: Counseling and therapy, twelve-step recovery issues, stress management, hypnotherapy, sexual problems, consultation and assessment. Individuals, couples, adults, adolescents, families, and groups.

Specialty: Relationship and recovery issues. Licensed clinical psychologist, marriage and family therapist.

Hours: By appt.

CERVANTES, ERNESTO, LCSW

257-2542

Indian Health Center
795 Joaquin St.
Susanville, CA 96130

Services: Children, adolescents, adults, marital, and family therapy, 12-step recovery, post-abortion counseling.

Specialty: Licensed Clinical Social Worker.

Hours: 8 AM – 5 PM, Mon – Fri.

DOTY-JOHNSON, CAROLYN, MFT

251-5889

50 Hall Suite B
Susanville, CA 96130

Services: Counseling for individuals and couples, children and families, adolescents. Play therapy. Depression. Stress and anxiety.

Specialty: Family and child therapist.

Hours: 9 AM – 6 PM, Mon – Thurs.

GILBERT, MARY, ACSW (See Integrative Counseling Services)

INTEGRATIVE COUNSELING SERVICES

257 - 5462

617 Main St., Suite 207 & 210

Susanville, CA 96130

Gary Olsen, LCSW

Mary Gilbert, ACSW

Carol Jeldness, LCSW

Services: Individual and family therapy for depression, anxiety and post traumatic stress disorders, relationship problems, and substance abuse.

Hours: By appt.

JELDNESS, CAROL, LCSW (See Integrative Counseling Services)

LASSEN COUNTY MENTAL HEALTH DEPARTMENT

251-8108

555 Hospital Lane

Susanville, CA 96130

24 Hour Emergency: 257-5004

Services: Emergency and Crisis Intervention Team.

Hours: 24-Hour Crisis Intervention.

Charges: Sliding scale fee, Medi-Cal accepted.

LASSEN INDIAN HEALTH CENTER HUMAN SERVICES DEPARTMENT

257-2542

795 Joaquin Street

Susanville, CA 96130

Services: Individual, group, and family therapy to treat alcohol and drug abuse and mental health disorders for American Indians and non-Indian members of Indian households. Comprehensive youth program for prevention of these problems. Staff includes: mental health therapist, clinical psychologist, substance abuse counselor, and youth counselor.

Hours: 8 AM - Noon & 1 PM - 5 PM, Mon – Fri.

Charges: Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

NOLAN, TIM, PHD (See Cedarwood Counseling Center)

OLSEN, GARY, LCSW (See Integrative Counseling Services)

PARENTS UNITED

(775) 329-0623 ext. 105

575 E. Plumb, Ln., Suite 100

Reno, NV 89520

Services: Assists families in healing from incest and sexual abuse.

Hours: 10 AM – 5 PM, Mon – Fri.

Charges: Free.

9. DEATH AND DYING

GRIEF COUNSELING

Kitty Langworthy
P.O. Box 1147
Chester, CA 96020

(530) 258-4229

(530) 258-5126

Services: Grief counseling for death, divorce, loss of job, move, loss of pet, and more...

Hours: Depending upon situation.

Charges: None.

MAYERS MEMORIAL HOSPICE

P. O. Box 459
Highway 299 East
Fall River Mills, CA 96028

(530) 336-5511

Services: Hospice volunteers provide friendship and support to terminally ill patients and their families. Actual services vary according to the needs of the patient and family.

Charges: No fees for any hospice service.

SIERRA HOSPICE

A community-based program of the Seneca Healthcare District.

(530) 258-2151

Services: Coordination of support services for the terminally ill and their families in the Chester/Westwood area. Call for more information.

Charges: Free.

10. DISABILITY SERVICES

CALIFORNIA CHILDREN'S SERVICES

Lassen County Department of Health & Human Services
555 Hospital Lane
Susanville, CA 96130

251-8183
Helpline (800) 838-1223

Services: Provides resource information for medical care of children under 21 years of age who have a handicapping condition whose family may be unable to pay the full cost of treatment.

Eligibility: Medical condition must be eligible. Financial eligibility based on income. Children covered by Medi-Cal are financially eligible.

CALIFORNIA STATE DEPARTMENT OF REHABILITATION

170 B Russell Avenue
Susanville, CA 96130

257-6073

Services: Vocational rehabilitation for disabled persons.

Eligibility: Anyone with a physical or mental disability.

Hours: 8 AM – Noon & 1 PM – 5 PM, Mon – Fri.

Charges: Free.

CAMP RONALD MCDONALD AT EAGLE LAKE

P. O. Box 172
Susanville, CA 96130

Catherine (916) 734-4230
During the summer # 825-3158

Services: Provides a resident summer camp for children with disabilities and children who are disadvantaged. Groups include hearing impaired, cerebral palsy, Downs Syndrome, autism, neuromuscular diseases, cancer, etc.

Charges: Vary according to group.

EASTER SEALS SOCIETY

1074 East Ave., Ste. A-1
Chico, CA 95926

(530) 894-0205

Services: Assistance to persons with physical and developmental disabilities, camperships, information and referral, advocacy, and loan of durable medical equipment available. Web site: www.seals.com

Eligibility: Persons with physical disabilities who meet the Society's eligibility criteria and who are not eligible for services elsewhere.

Hours: 8:30 AM – 5:00 PM, Mon – Fri.

FAMILY HEARING AID CENTER

1516 Main St.
Susanville, CA 96130

257-8877

Services: Hearing tests, hearing screenings, custom ear plugs, ear molds, hearing aid repairs, and in-home service.

Hours: 9:30 AM – 5 PM, Mon – Fri.

Charges: Insurance accepted or finance plans available.

FAR NORTHERN REGIONAL CENTER

257-5317

170 H Russell Ave.
Susanville, CA 96130

Services: Information and Referral; Diagnosis and Evaluation; Individual Program Planning; Consultation to other Agencies; Prevention Services; Administration to and discharge from State Developmental Centers (State Hospitals); Court Ordered Evaluations; Limited Conservatorship Services; Advocacy; Community Education regarding Developmental Disabilities; may purchase needed services based on prior authorization.

Eligibility: Any resident of Butte, Modoc, Siskiyou, Glenn, Plumas, Tehama, Lassen or Trinity Counties with a developmental disability, regardless of age or income; Disability must have originated before the age of 18; Disability must constitute a substantial handicap. Developmental Disabilities include: mental retardation, cerebral palsy, epilepsy, autism, and other conditions closely related to mental retardation or requiring similar treatment.

Hours: Mon – Thurs, 8 AM – 5 PM; Friday, 8 AM – 4 PM.

Charges: No fees for diagnosis, evaluation or coordination of services. Parents of minors who are living in 24 hour community care facilities are required to reimburse the state's Program Development Fund based on a sliding scale for costs of placement services purchased for their children.

HANDICAPPED CRISIS LINE

1-800-426-4263

INFANT/TODDLER PROGRAM

257-9578

Johnstonville School
704-795 Bangham Lane
Susanville, CA 96130
Part of Lassen County Office of Education

Services: In-home assessment and training for those handicapped, or at risk of developing a handicapping condition. Any child who seems to be experiencing a delay in development of language, hearing, or motor skills, or in learning, social, or self-help skills may be eligible. Premature birth, low birth weight, or birth trauma are also risk factors to prompt assessment. The program consists of a toddler group two times a week and weekly home visits for infants to enhance developmental skills with parents and infants.

Eligibility: To age three, then referral to preschooler program. No income eligibility requirements.

Hours: 8 AM – 5 PM, Mon – Fri.

LASSEN COMMUNITY COLLEGE DISABLED STUDENT SERVICES

251-8895

478-200 Hwy. 139
Susanville, CA 96130

Services: Special classes and services are offered for students with physical, visual, and learning disabilities on an on-going basis. Psycho-educational diagnostic testing is also available for students with possible learning disabilities or acquired brain injuries. Web site: www.lassen.cc.ca.us/

Eligibility: Lassen Community College students.

Hours: 8 AM – 4 PM, Mon – Fri.

The Susanville District Library has a Health Information Center set up specifically for teens and their parents to locate information on topics such as drugs and alcohol, tobacco use, teenage pregnancy, AIDS, sex, abuse and violence. ComPAC donated money to purchase 50 new books and 10 new videos for this center.

LASSEN COUNTY HEALTH AND HUMAN SERVICES

251-8158

P.O. Box 1359
720 Richmond Road
Susanville, CA 96130

In-Home Supportive Services: Enables aged, blind, or disabled adults to remain in their homes or return to homes from out-of-home facilities. Helps with housekeeping tasks and non-medical personal care. Eligibility is determined by income evaluation and fees vary.

Out-of-Home Services – Adult: Provides for adults who cannot remain in their own homes because they can no longer take care of themselves adequately. Eligibility is determined by age, income, and diagnosis. Services are free.

Hours: 8 AM – 5 PM, Mon – Fri.

LASSEN COUNTY SPECIAL OLYMPICS

Margaret 257-9501

P. O. Box 628
Janesville, CA 96114

Services: A sports organization that offers a year-round program for the developmentally disabled or delayed. Training starts at age 5 and competing starts at age 8. There is no upper age limit. Competitions are held locally and away. Offers training in bowling, swimming, gymnastics, track & field, and special equestrian days. Around Christmas there is a dinner dance for athletes and their families sponsored by local businesses.

Charges: Free.

LASSEN SHRINE CLUB

P. O. Box 1059
Susanville, CA 96130

Contact: Bob Nighswonger, Shriner's Hospital Liason for northeastern California, **253-3672**.

Services: Through physician referral, provides **free** medical care for children with certain orthopedic, burn, or spinal cord problems (until 18th birthday). Services are provided at 19 orthopedic hospitals, 3 burn centers, and 3 spinal column institutes across the US. Transportation to these centers also provided **free**. Web site: <http://shriners.com>

Eligibility: Physician referral needed. Apply by contacting the Shrine volunteer listed above.

Charges: **Free**, regardless of income, sex, race, or religion.

LIFELINE

257-5325 ext. 271

560 Hospital Lane
Susanville, CA 96130

Run by the Lassen Community Hospital Auxiliary. Leave message if interested.

Services: This is an emergency response system whereby participants are provided with a personal alarm button which, when activated, makes direct contact to the hospital nursing station. From this point, contact is made to a predetermined friend or relative who is asked to check on the participant. If none is available, 9-1-1 will be contacted.

Eligibility: Anyone may use this service. It is valuable to those living alone, the elderly or unstable, or patients with conditions which may require intermittent emergency assistance.

Charges: \$15.00 per month for voice-activated units with a \$10.00 installation charge.

MARCH OF DIMES

1787 Tribute Road, Suite E
Sacramento, CA 95815

1-800-339-1913**(916) 922-1913**

Services: Public and professional education materials. Referrals for genetics, prenatal, substance abuse and birth defects.
Resource Center 1-888-663-4637. Web site: www.modimes.org

MOUNTAIN CAREGIVER RESOURCE CENTER**1-800-822-0109**

Second & Normal Streets
Chico, CA 95926
A service of the Janet Levy Center

Services: Provides support for caregivers of those with brain impairments (brain impairment must have occurred after age eighteen). Family consultation; support/information on the disease, courses of action, resources; subsidy for respite care, legal and financial consultation, counseling services.

Eligibility: Anyone, any income providing care to someone with a brain impairment.

Hours: 8:30 AM – 4 PM, Mon – Fri.

NORCAL CENTER ON DEAFNESS**257-5089 TTY**

805 Main Street, Suite I
Susanville, CA 96130

1-888-877-5379 CRS Voice**257-5143 FAX**

Client Advocate: Carrie Michaels

Services: Communication assistance, advocacy, peer counseling, employment assistance, independent living skill instruction, information and referral. Community education and sensitivity training on deafness and sign language. Bookstore with assistive listening devices, video tapes, and books related to deafness and sign language. Sign language interpreting – call 1-877-8NORCAL for information.

Eligibility: Deaf, hard-of-hearing, late-deafened, deaf-blind, deaf developmentally disabled, family members, general public of Lassen County.

Hours: 8:30 AM – Noon & 1 – 5 PM, Mon – Fri.

Charges: None. We are a non-profit agency.

R.A.I.N.B.O.W. FAMILY SUPPORT**251-2417**

336 Alexander Ave.
Susanville, CA 96130

24 Hour Warmline (800) 537-TALK

Services: Clearinghouse for resource information, meetings, conferences and workshops dealing with disabilities; Lending library of audio and video tapes, periodicals, books, and toys; Newsletter and activities; Emotional support and mentor parent program to provide parent to parent support; Internet access.

Eligibility: For families, care givers, friends, or teachers of children, birth to three years old, with disabilities or at risk.

Hours: 8 AM - 4:30 PM, Mon - Fri.

Charges: Free.

SOCIAL SECURITY BENEFITS**1-800-772-1213**

11. DISASTER SERVICES

AMERICAN RED CROSS

Shasta Area Chapter
2280 Benton Drive, Bldg. C
Redding, CA 96003

(530) 243-3021

(800) 909-3021

Services: The American Red Cross responds to disasters such as hurricanes, floods, earthquakes, and fires, or other situations that cause human suffering or create human needs that those affected cannot alleviate without assistance. It is an independent, humanitarian, voluntary organization, not a government agency. Web site: www.redcross.org/

Charges: All Red Cross assistance is given free of charge, made possible by the generous contribution of people's time, money, and skills.

LASSEN COMMUNITY CARE CENTER

257-3065

"The Friendly Thrift Shop"
372 Alexander Ave.
Susanville, CA 96130

Services: Provides assistance with immediate needs of disaster victims and the deserving public. Twenty-eight years experience. "We make a difference by what we get -- but we make a life by what we give."

Hours: 11 AM – 4 PM, Mon – Fri.

SALVATION ARMY (SUSANVILLE)

Business Office
55 S. Weatherlow
Susanville, CA 96130
257-0314

Thrift Store
801 Cottage Street
Susanville, CA 96130
257-2750

Emergency Assistance 257-4139

Social Services
85 S. Gay
Susanville, CA 96130
257-4139

Services: Information and counseling for families of prison inmates, emergency energy assistance for low-income families with delinquent utility bills, emergency food supplies, Community Food Shelf open Wednesdays from 1 PM – 4 PM. Web site: www.thegrid.net/susanvillecorps

Hours: Business Office is open 9 AM – 4 PM, Mon – Fri. Thrift Store is open 9:30 AM – 5:30 PM, Mon – Sat. Social Services is open 9 AM - 1 PM on Mon, Thurs, and Fri, 1:30 – 4 PM on Tues, and 1 – 4 PM on Wed.

Charges: Free to those income eligible.



12. EDUCATION

CALIFORNIA STATE DEPARTMENT OF REHABILITATION

257-6073

170 B Russell Avenue
Susanville, CA 96130

Services: Vocational rehabilitation for disabled persons.

Eligibility: Anyone with a physical or mental disability.

Hours: 8 AM – Noon & 1 PM – 5 PM, Mon – Fri.

Charges: Free.

CORNERSTONE CHRISTIAN SCHOOL

257-4643

2545 Riverside Dr.
Susanville, CA 96130

FAX 257-4295

Services: Pre-kindergarten through 12th grade private, nondenominational Christian school. Bible curriculum. Offers academic programs, sports programs, Grandparents Day, and a missions program to Mexico for one week in the spring.

Eligibility: Cornerstone Christian School admits students any race, color, nationality, and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students of the school.

Charges: Ten month payment plan (Sept-June) and multiple child discounts are available. There is a \$25 Family Application Fee. Pre-K & K half-day registration fee of \$175 plus \$1,800 annual tuition. Pre-K-6 full day registration fee of \$175 plus \$2,350 annual tuition. Grades 7-12 registration fee of \$225 plus \$2,500 annual tuition. Registration fees cover curriculum, supplies, craft supplies, lab materials and transcripts.

HEAD START

1-800-404-1242

Susanville Branch

P.O. Box 603

Susanville, CA 96130

257-2343 or 257-3304

Susanville Rancheria

895 Joaquin

Susanville, CA 96130

257-9343

Central Sierra Cascade Family Opportunity

429 West Main Street

Quincy, CA 95971

(530) 283-1242

Leavitt Lake Branch

Susanville, CA 96130

257-7530

Call for more information

Services: A five-day per week, center-based preschool program in Susanville. Home-based programs are available in the greater Susanville area and in Herlong and Doyle. The Leavitt Lake Branch offers an afternoon preschool program. Services are child and parent focused. Comprehensive medical/dental program, as well as social services and education. A day care program runs after Headstart from 11:30 AM – 6 PM. New applications for enrollment are accepted year-round. Program year runs from Sept. to the first week in June. Summertime day care program runs from 7:30 AM - 6 PM. The Susanville Rancheria offers bus service and focuses on Native American culture.

Eligibility: Low-income children and families and children with special needs.

Hours: 8 AM - 11:30 AM & 8:30 AM – Noon (two programs), Mon – Fri.

Charges: Free.

LASSEN COMMUNITY COLLEGE**251-6181**

478-200 Hwy. 139
Susanville, CA 96130

Services: Lassen Community College is an accredited community college serving Lassen County and northeastern California with accessible quality educational programs and services responsive to the diverse needs and interests of the citizens and students it serves. Based upon a foundation of excellence of teaching and counseling in a world of ever increasing complexity, diversity, interdependence, and change, the college programs and services include: General Education, Transfer Education, Career Education, Basic Skills Education, Fee-Based Community Services, and Affirmative Action. Web site: www.lassen.cc.ca.us/

LASSEN COUNTY ADULT SCHOOL**257-4653**

810 Cottage
Susanville, CA 96130

Services: For adults 18 and over. Complete high school diploma, not G. E. D. Day and evening classes.

LASSEN COUNTY OFFICE OF EDUCATION**257-2196**

472-013 Johnstonville Road North
Susanville, CA 96130
Robert Owens, Superintendent

FAX: (530) 257-2518

Services: Credentialling/Personnel, Instructional Media, Child & Family Resources, Community School, Juvenile Court School, school library services, school nursing services, Opportunity Programs, psychological services, Special Education, Regional Occupational Programs (R.O.P.), and school business services.

Programs: Academic Olympics, Business/Education Partnerships, Children's Fair, Community Advisory Committee, Geography Bowl, Outdoor Education, Primary Prevention Program, Science Fair, Spelling Bee, Sober Graduation, Vocational Olympics, Women's History Month, and Writer's Show Case.

LASSEN COUNTY REGIONAL OCCUPATIONAL PROGRAM (R.O.P.)**257-7214**

472-013 Johnstonville Road North
Susanville, CA 96130

Services: Job training classes for adult and high-school aged persons. Training for the following professions: Agricultural mechanics & welding, auto body & fender, auto mechanics, construction trades, cabinet making, typing, computer, accounting, word processing, office practices, greenhouse management/landscaping, child care aide, food service occupations, and graphics.

Eligibility: High-school age persons must be enrolled in High School. Adults no requirements.

Charges: Free.



LASSEN COUNTY SCHOOL DISTRICTS

There are 10 school districts and one community college in Lassen County. The K-12 enrollment is 5,503 and the college enrollment is 2,200.



Big Valley Joint Unified School District, *Boyce McClain, Superintendent/Principal*, (530) 294-5266, FAX (530) 294-5396. Big Valley Joint Unified School District consists of one 4-8 school and one high school located in Bieber, and one K-3 school located in Adin. (Located approximately 67 miles north of Susanville, Hwy. 139 to Hwy. 299).

Big Valley Primary & Intermediate Schools (K-3) (4-8)
Ron Shaull, Principal, Telephone (530) 299-3271 or (530) 294-5214.

Big Valley High School (9-12)
Boyce McClain, Principal, Telephone (530) 294-5231.

Fort Sage Unified School District, *Francine Tyree, Superintendent*, Telephone (530) 827-2129, FAX (530) 827-2019. Fort Sage Unified School District consists of two K-5 schools (one in Doyle), one 6-8 school, one continuation high school, and one high school located in Herlong. (Located approximately 35 miles south of Susanville; Hwy. 395).

Sierra Primary (K-5)
Chris Todd, Principal, Telephone (530) 827-2126 or (530) 827-2127.

**Fort Sage Middle School (6-8) and
Herlong High School (9-12)**
Linda Winchell, Principal, Telephone (530) 827-2126 or
(530) 827-2101.

Long Valley Elementary (K-5)
David Dutton, Principal, Telephone (530) 827-2395.

Render Continuation High School (9-12)
David Dutton, Principal, Telephone (530) 827-2949.



Janesville Union School District (K-8), *Tim Shannon, Superintendent/Principal*, Telephone (530) 253-3551, FAX (530) 253-3891. Janesville Union School District consists of one K-8 school. (Located 12 miles south of Susanville; Hwy. 395)

Johnstonville Elementary School District (K-8), *Dave Urbanac, Superintendent/Principal*, Telephone (530) 257-2471, FAX (530) 251-5557, E-Mail – jnstnvl@psln.com. Johnstonville Elementary School District consists of one K-8 school. (Located 6 miles south of Susanville).

Lassen Community College, *Kenneth Cerreta, President*, Telephone (530) 257-6181, FAX (530) 257-8964. Lassen Community College is located on Hwy. 139 two miles north of Susanville.

Lassen Union High School District, *Jane Maxwell, Superintendent/Principal*, Telephone (530) 257-2141, FAX (530) 257-5134. Lassen Union High School District consists of one high school, a continuation school, independent study program, and an adult school program. (Located in Susanville at 1110 Main Street).

Credence Continuation High School (9-12)

Nancy Albers, Principal, Telephone (530) 257-5566, FAX (530) 257-5851.

Lassen High School (9-12) www.psln.com/lassenhs

Jane Maxwell, Superintendent/Principal, Telephone (530) 257-2141, FAX (530) 257-1173.

Ravendale-Termo Elementary School District (K-8), *Robert Owens, Superintendent*, Telephone (530) 257-2196,

FAX (530) 257-2518. *Don Carter, Principal*, Telephone (530) 254-6577, FAX (530) 254-6126, E-Mail –

shafferprin@thegrid.net. Ravendale-Termo Elementary School District consists of one K-8 school, Juniper Ridge Elementary. (Located 60 miles north of Susanville; Hwy. 395).

Richmond Elementary School District (K-8), *Cynthia Nellums, Superintendent/Principal*, Telephone (530) 257-2338,

FAX (530) 257-6398. Richmond Elementary School District consists of one K-8 school. (Located at 700-585 Richmond Road in Susanville).

Shaffer Elementary School District (K-8), *Donald Carter, Superintendent/Principal*, Telephone (530) 254-6577,

FAX (530) 254-6126, E-Mail – shafferprin@thegrid.net. Shaffer Elementary School District consists of one K-8 school. (Located 14 miles southeast of Susanville; Hwy. 395).

Susanville School District, *Mark Evans, Superintendent*, Telephone (530) 257-8200, FAX (530) 257-8246.

Susanville School District consists of two K-5 schools and one 6-8 school in Susanville.

Diamond View School (6-8)

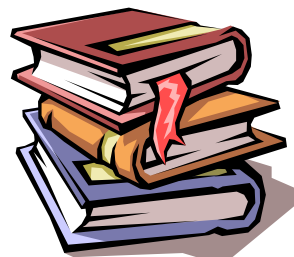
Chuck Spence, Principal, Telephone (530) 257-5144, FAX (530) 257-7232.

McKinley School (K-5)

Ken Bishop, Principal, Telephone (530) 257-5161, FAX (530) 257-4967.

Meadow View School (K-5)

Jud Jensen, Principal, Telephone (530) 257-3000, FAX (530) 257-2631.



Westwood Unified School District, *Herold Sinclair, Superintendent*, (530) 256-3235, FAX (530) 256-3539.

Westwood Unified School District consists of one K-6 school and one junior/senior high school, grades 7-12. (Located 25 miles west of Susanville; Hwy. 36).

Fletcher Walker Elementary (K-6)

Dwight Jones, Principal, Telephone (530) 256-3295, FAX (530) 256-3539.

Westwood Jr/Sr High School (7-12)

Chris Gwynn, Principal, Telephone (530) 256-3235, FAX (530) 256-3693.

NEW HORIZONS CHRISTIAN SCHOOL

257-6420

995 Paiute Lane
Susanville, CA 96130

Services: Kindergarten through 8th grade private, non-denominational Christian school. Bible curriculum. High academics. Character education and social skills are stressed. Kindergarten teaches phonics-based letter recognition and many students will begin to read in kindergarten. P. E., art, and music are part of the curriculum. Also available are sign language classes and after school sports programs. Renaissance program is also available.

Eligibility: Standardized tests for placement and skill level evaluation.

Charges: Ten month payment plan and multiple child discounts are available. Kindergarten registration fee of \$175 plus \$1,850 annual tuition. Grades 1-6 registration fee of \$200 plus \$2,300 annual tuition. Grades 7-8 registration fee of \$200 plus \$2,500 annual tuition.

SEVENTH-DAY ADVENTIST SCHOOL

257-5045

455 Cedar St.
Susanville, CA 96130

Services: First grade through eighth grade private Seventh Day Adventist school. All denominations welcome. Bible curriculum.

Charges: \$150 per month tuition.

SUSANVILLE LIBRARY LITERACY PROGRAM

257-8021

1618 Main Street
Susanville, CA 96130

Services: Susanville Library Literacy Program is committed to assisting any adult in the area with personal reading and writing issues thus giving them the opportunity to improve their quality of life. Tutoring programs are offered for adults over 18 years of age who want to improve reading/spelling skills from zero through 6th grade reading level. Additional tutoring for basic math skills. Web site: www.infopeople.org/Susanville/Literacy.html

Eligibility: 18 years and older.

Hours: 9 AM – 5 PM, Tues – Fri or as needed.

Charges: Free.

Health Indicator: EDUCATION

*Being able to read is a skill required for employment and for active participation in a community. The **Adult Literacy Program** at the Susanville District Library set a goal to increase adult literacy students to 30 and also to increase adult literacy tutors to 30. As of April 14, 1999, the Adult Literacy Program exceeded its projected goals with 60 adults served and 44 tutors trained!*

13. EMPLOYMENT

CALIFORNIA CONSERVATION CORPS

1-800-952-5627

LASSEN CAREER NETWORK

257-2567

2545 Main Street
Susanville, CA 96130

A one-stop career center for employers, employees and job seekers. Web site: www.aworkforce.org

Alliance For Workforce Development, Inc.

Delivers services under the federally funded Job Training Partnership Act (JTPA) program. The purpose of JTPA is to offer programs to youth and adults who are facing serious barriers to employment. These programs include job training, thought assessment of skills, interests, and work values, on-the-job training, etc.

California Employment Development Department (EDD)

1. **Job Service** program helps employers find qualified people for their job openings, and helps job seekers find employment. Using the CalJobs computer system, EDD can match job seekers and employers around the country. Web site: www.caljobs.ca.gov/
2. **Employment Tax Office** services are available to employers wishing Employment Tax information.
3. **Unemployment Insurance** provides benefits for workers who lose their jobs through no fault of their own.
4. **Disability Insurance** application forms are only available in this office.

Green Thumb, Inc.

Provides mature Americans with community service training and employment.

Lassen Community College

College programs and services include: general education, transfer education, career education, basic skills education, fee-based community services, and affirmative action.

Lassen WORKS – Lassen County Dept. of Health and Human Services (257-8200)

Lassen WORKS (Work, Opportunity, and Responsibility to Kids) provides recipients welfare-to-work activities, including job readiness, assessment, vocational training and education, and work experience. Qualifying participants may be referred to additional services available through the Lassen Career Network.

School-to-Work (257-7510)

The School-to-Work system contains three elements: school based learning, work based learning, and activities connecting the two. Administered by the Northeastern California Rural Consortium.

Small Business Development Center (SBDC)

Offers no cost, one-on-one confidential consultation in the areas of business feasibility and plan development, permits and licensing requirements, sources of financing and cash flow management, marketing research and advertising, personnel practices including hiring and training, and business education and training workshops.

Hours: 8 AM – 5 PM, Mon – Fri.

Charges: None.

LASSEN COUNTY VETERANS SERVICES

251-8192

Veterans Memorial Building
1205 Main Street
Susanville, CA 96130

Services: Advice regarding rights and services for veterans regarding compensation, pension, education, or vocational rehabilitation, insurance, loans, and hospitalization and medical benefits. Also assistance in obtaining supporting documents and advice in preparing claims.

Eligibility: Services available to veterans or dependents.

Hours: 8 AM – 5 PM, Mon – Thurs.

Charges: Free.

14. FAMILY PLANNING

CALIFORNIA FAMILY PLANNING HOTLINE

1-800-942-1054

LASSEN COUNTY PUBLIC HEALTH DEPARTMENT

251-8183

555 Hospital Lane
Susanville, CA 96130

Services: Referral and resource for a full range of programs, including:

1. **Adolescent Family Life Program (AFLP)** is a program for pregnant and parenting teens. The goal is to empower teen parents to make healthy choices. Case management, home visits, and parenting information.
2. **CHOICES** Program is for brothers and sisters of pregnant and parenting teens for recreation and group activities.
3. **Cal-Learn** is a program of case management for pregnant and parenting teens who receive cash aid.
4. **Perinatal Outreach and Education** includes home visits and education for pregnant women, including tobacco cessation.
5. **Clinic Services** for pregnancy testing, pregnancy counseling and referral.

Hours: 8 AM – 5 PM, Mon – Fri.

Charges: None.

NORTHEASTERN RURAL HEALTH CLINICS, INC.

Lassen Family Practice
1306 Riverside Dr.
Susanville, CA 96130
257-5335

Doyle Family Practice
436-435 Old Highway Rd.
Doyle, CA 96109
(530) 827-2104

Westwood Family Practice
201 Third Street
Westwood, CA 96137
(530) 256-3152

Services: Provides birth control to men and women of any income level. Education, exams, and birth control; pregnancy tests; counseling and referral for prenatal care, adoption, and abortion.

Eligibility: Anyone of reproduction age. Low-cost program participants must meet income guidelines and have no other source of medical coverage.

Charges: Participants of low-cost program pay according to income; sliding scale fees available based on eligibility; MediCal accepted. Fees must be paid at time of service. Call for specific costs.

Hours: Services available at health centers all week, by appointment. See separate listings for hours.

LASSEN FAMILY PRACTICE WOMEN'S HEALTH CENTER

257-2255

Part of Northeastern Rural Health Clinics, Inc.
1306 Riverside Drive
Susanville, CA 96130

Services: Women's health care, including well woman exams (pap smear, breast screenings, etc.); prenatal care for pregnant women with certified nurse midwives and physicians; family planning education, exams and supplies; pregnancy testing, OB Access, prenatal case management services; childbirth education classes; nutrition and health education. Children and men are also welcome in the practice for general medical care.

Hours: 7 AM – 5 PM, Mon – Fri.

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding fee scale and other assistance available based on eligibility criteria.

M.A.M.A. CRISIS PREGNANCY CENTER

257-6667

Lea Vanderley
472 Richmond Road
Susanville, CA 96130

Services: Pregnancy and abortion information; help for women facing crisis pregnancy; child birth coaching; counseling and friendly support services; and maternity and infant clothing. Pregnancy tests available.

Hours: 10 AM – 1 PM on Tuesdays, 10 AM – 1 PM on Fridays.

Charges: Free and confidential.

SINGLE PARENT NETWORK

257-5566

At Credence High School during the school year
814 Cottage St.
Susanville, CA 96130

Services: Workshops and support groups for teen parents and single adult parents through a Lassen Union High School District - Carl Perkins Vocational Grant.

Eligibility: Teen parent or single parent.

Hours: During school year only, 8 AM – 5 PM, Mon – Fri.

Charges: Free

WOMEN'S HEALTH SPECIALISTS

1469 Humboldt Rd., Suite 200
Chico, CA 95928

1901 Victor Ave.
Redding, CA 96002

3401 Folsom Blvd. Suite A
Sacramento, CA 95816

(530) 891-1911

(530) 221-0193

(916) 451-0621

Services: Complete well-women health care. All forms of birth control available, including the cervical cap; pregnancy testing and referrals; abortion (up to 24 weeks); prenatal referrals; common problems such as vaginal and bladder infections, herpes, and sexually transmitted disease treatment. Services include health education and an emphasis on self-help. Sonogram screening, fertility services, speaker's bureau, and resource library also available.

Hours: 9 AM - 5 PM, Mon - Fri; Saturday by appointment.

Charges: MediCal accepted for all services. Sliding fee scale based on income.

34% of Lassen County adolescents between the ages of 12 and 17 are sexually active. The mean age for first sexual activity is 15. 50% of those who reported being sexually active obtained birth control from a drug store and 42.6% obtained birth control from the family planning clinic. (March 1995 Adolescent Health Coalition Community Needs Assessment)

15. FINANCIAL ASSISTANCE

ALTERNATIVE PAYMENT PROGRAMS

257-3005

P. O. Box 8
Susanville, CA 96130

Services: Housing Assistance and Child Care

Eligibility: Must meet financial guidelines.

ECONOMIC DEVELOPMENT HOUSING DIVISION

251-8309

707 Nevada St., Suite #5
Susanville, CA 96130

Services: Financial assistance to homeowners and home buyers. Small Business loans, and START SMART training program for small business owners. Housing authority, offers rental assistance, administers community development grants and provides technical assistance and grant-writing help.

Eligibility: Must meet financial guidelines.

Hours: 8 AM – 12 PM, Mon – Fri.

LASSEN COMMUNITY CARE CENTER

257 - 3065

372 Alexander, Ave.
Susanville, CA 96130

Services: Thrift Store, clothing assistance.

Hours: 11 AM – 4 PM, Mon – Fri.

LASSEN ECONOMIC DEVELOPMENT CORPORATION

256-3531

P.O. Box 850
200 Highway A21
Westwood, CA 96137

Services: Assists low-income households in paying for delinquent energy bills (electricity, oil, propane, etc.) Some assistance with current energy bills and help in acquiring wood and fuel for handicapped persons, senior citizens, and others. Weatherization program for low-income, elderly, and handicapped in Lassen County.

Eligibility: Low-income families, handicapped persons, and seniors. Due to limitations in funds, eligibility requirements may become more restrictive.

Hours: 8 AM – 4:30 PM, Mon – Fri.

LASSEN COMMUNITY COLLEGE

EXTENDED OPPORTUNITY PROGRAMS AND SERVICES (EOP&S)

251-8885

478-200 Hwy. 139
Susanville, CA 96130

Services: The EOP&S Program assists low income and educationally disadvantaged students to achieve their academic goals through counseling, special classes, tutoring, books, advocacy, child care, transition services, assistance with the

completion of financial aid, registration, and admission procedures.

Eligibility: To be eligible a student must be a California resident, be enrolled as a full-time student (12 units or more per term), have fewer than 70 units of degree applicable college credits, qualify to receive a Board of Governors' Fee Waiver under either Method A or B, and be educationally disadvantaged.

Hours: 8 AM – 4 PM, Mon – Fri.

LASSEN WORKS & SOCIAL SERVICES

251-8152

P.O. Box 1359

720 Richmond Road

Susanville, CA 96130

Services: Referral and resource for a full range of services including financial assistance; supplemental food program; resources for neglected, abused and/or molested children; adoption and/or abortion; adult protective services; services for seniors. WORKS stands for Work, Opportunity, and Responsibility to Kids.

Eligibility: For most programs, age, income, and/or property limits.

Hours: 8 AM – 5 PM, Mon - Fri.

Charges: Free.

MEDI-CARE HOTLINE

1-800-638-6833

SALVATION ARMY (SUSANVILLE)

Business Office

55 S. Weatherlow

Susanville, CA 96130

257-0314

Thrift Store

801 Cottage Street

Susanville, CA 96130

257-2750

Emergency Assistance 257-4139

Social Services

85 S. Gay

Susanville, CA 96130

257-4139

Services: Information and counseling for families of prison inmates, emergency energy assistance for low-income families with delinquent utility bills, emergency food supplies, Community Food Shelf open Wednesdays from 1 PM – 4 PM.

Web site: www.thegrid.net/susanvillecorps

Hours: Business Office is open 9 AM – 4 PM, Mon – Fri. Thrift Store is open 9:30 AM – 5:30 PM, Mon – Sat.

Social Services is open 9 AM - 1 PM on Mon, Thurs, and Fri, 1:30 – 4 PM on Tues, and 1 – 4 PM on Wed.

Charges: Free to those income eligible.

UNITED WAY FOUNDATION

(530) 241-7521

Regional Office

P.O. Box 990248

Redding, CA 96099-0248

Services: Voluntary group assists non-profit agencies in the delivery of services to otherwise disadvantaged persons by providing funds for specific services. Information on application for funding available from Regional Office listed above. Web site: www.unitedway.org/

Eligibility: Non-profit 501(c)3 agencies only.

16. FOOD

CHILD CARE FOOD PROGRAM

257-3005

P. O. Box 8
Susanville, CA 96130

Services: Helps licensed family day care homes with food costs through reimbursement on a per meal basis. Alternate state-funded child care program that will pay for all or part of child care expenses for people who are working or attending school, based on income.

Eligibility: Available to licensed family day care homes only.

COMMUNITY FOOD SHELF

257-4139

A program of the Salvation Army
85 S. Gay
Susanville, CA 96130

Services: Provides emergency food supplies, on a limited basis, to families in need during crisis situations.

Hours: 1 PM – 4 PM Wednesday only.

Charges: Free.

INDIAN ELDERS COUNCIL

257-2113

1700 Sunkist
Susanville, CA 96130

Services: MEALS PROGRAM: Four nutrition sites serve hot lunches in Lassen County. For a \$2.50 donation, persons over 60 can enjoy a nutritionally balanced meal. Transportation is available. Meals are also delivered in Westwood, Susanville, and Big Valley for seniors who are homebound because of physical disabilities.

Westwood site serves five days a week, except holidays, and is located at 2nd and Birch. **256-3009**

Susanville site serves five days a week and is located at the Senior Center Building at 1700 Sunkist Drive. **257-2113**

Big Valley site serves on Tuesdays and Thursdays at the Memorial Building in Bieber. **294-5745**

Doyle site serves on Thursdays at the Doyle Community Center. **827-2572**

Eligibility: Age 60+ and their spouse.

Hours: Office open 9 AM – 3:30 PM, Mon – Fri.

Charges: \$2.50 for seniors and \$6.00 for others donation per meal.

LASSEN WORKS

251-8152

P.O. Box 1359
720 Richmond Rd..
Susanville, CA 96130

Services: Determines eligibility for, and issues Food Stamps to persons in need.

Eligibility: Must be income eligible.

Hours: 8 AM – 5 PM, Mon – Fri.

Charges: Free.

W.I.C. (WOMEN, INFANTS, CHILDREN)

257-7094

Northeastern Rural Health Clinics Inc.
1306 Riverside Drive
Susanville, CA 96130

Services: Provides healthy supplemental foods, nutrition and referral to pregnant and breast-feeding women, infants, and children under 5 years of age.

Eligibility: Pregnant and post-partum women with a baby less than 6 months old and children under the age of 5 years. Must live in Lassen County.

Hours: 7 AM – 5:30 PM, Mon – Fri.

Charges: Must be income eligible. Low income, Medi-Cal.

Health Indicator: EDUCATION

*The **Tobacco Use Reduction Program** is very active in the promotion of youth quitting or never starting to use tobacco products. It focuses on many areas of education and decreasing access to tobacco products by youth. Teen tobacco use is very high with an average range of about 38.5% of teens using tobacco products. The goal of our community is to reduce the use of tobacco products by teens to 20% every 5 years until the usage rate is 10%, thus promoting a healthier lifestyle.*

17. HEALTHCARE

BIG VALLEY MEDICAL CENTER

(530) 294-5241

P. O. Box 277
Bieber, CA 96009

Services: Physicians, emergency care, x-ray, lab and EKG, allergy treatment, diet counseling, free blood-pressure checks, family planning, mental health counseling services, immunizations in association with the Lassen County Public Health Department. Limited pharmacy available. Dental services. Bilingual services available.

Hours: 8 AM – 5 PM, Mon – Fri.

Charges: MediCal and Medicare accepted, insurance billing.

DOYLE FAMILY PRACTICE

(530) 827-2104

Part of Northeastern Rural Health Clinics, Inc.
P.O. Box 56
436-435 Old Highway Road
Doyle, CA 96109

Emergency (after hours) 257-5335

Services: Family Practice - Complete medical care for all ages, including dietician, health educator, and OB Access Case Manager on staff. Out-patient minor surgery (vasectomy, biopsy, etc.), family planning, trauma room for some emergencies, and health education for smoking, stress management, high blood pressure, and other health risks.

Hours: 8 AM – 4:30 PM, Mon - Fri.

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding fee scale and other assistance available based on eligibility criteria.

GREAT BASIN PRIMARY CARE

257-3900

Part of Northeastern Rural Health Clinics, Inc.
170 Russell Ave., Suite X
Susanville, CA 96130

Emergency (after hours) 257-5335

Services: Family Practice, including pediatrics, OB, vasectomy, surgery, and general medical care for all ages. Nutrition and health education and OB-Access for low to moderate income pregnant women.

Hours: 8:30 AM – 5:30 PM, Mon – Thurs. Closed 12:30 – 1:45 PM for lunch. Closed Fri – Sun.

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding fee scale and other assistance available based on eligibility criteria.

LAKE ALMANOR CLINIC / URGENT CARE CLINIC

(530) 258-4256

199 Reynolds Road / P.O. Box 1460
Chester, CA 96020



LASSEN CHILDREN AND ADULT CLINIC**257-5116**

1435 Paul Bunyun Road, Suite A
Susanville, CA 96130

Services: Pediatrics, internal medicine, and OB-GYN.

Hours: 8:30 AM – 5 PM, Mon – Fri.

LASSEN COMMUNITY COLLEGE HEALTH SERVICES**251-8845**

478-200 Hwy. 139 Bldg. N
Susanville, CA 96130

Services: First aid, over the counter medications, and educational and informal counseling are available. Information on a variety of health issues such as high blood pressure, nutrition and diet, family planning, stress and wellness is provided. A lending library of videos, books, magazines and pamphlets is maintained. Referrals to community services are provided. All services are strictly confidential.

Eligibility: Registered Lassen Community College students.

Hours: 8 AM – 4 PM, Mon – Fri.

Charges: No office visit fee for those with student body card. Charges for outside lab services.

LASSEN COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES**251-8183**

555 Hospital Lane
Susanville, CA 96130

Family Helpline 1-800-838-1223

Services: Clinic Services, Adolescent Family Life Program, Tuberculosis Control Program, Immunization Clinic, California Children's Services, Child Health and Disability Prevention Program, Healthy Families Insurance Program, Ryan White HIV / AIDS Programs, PHN Home Visiting, Tobacco Use Reduction Project, Environmental Health, CalLearn Program, CHOICES Program, Perinatal Outreach and Education.

Eligibility: Varies depending upon services provided.

LASSEN FAMILY PRACTICE**257-5335**

Part of Northeastern Rural Health Clinics, Inc.
1306 Riverside Dr.
Susanville, CA 96130

Emergency (after hours) 257-5335

Services: Family Practice – complete medical care for all ages. Dietitian, nurse, and health educator also on staff. OB-Access, family planning, minor surgery, nutrition and health education. Hearing testing available.

Hours: 7 AM – 6 PM, Mon – Fri; 9 AM – 5 PM on Saturdays.

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding fee scale and other assistance available based on eligibility criteria.

Health Indicator: STRONG FAMILIES

The Yellow Ribbon Project is a teen suicide intervention program. ComPAC supported this program by funding the printing of Yellow Ribbon cards. Over 1,000 cards have been given to Lassen County teens through a short program presented by their peers.

LASSEN FAMILY PRACTICE WOMEN'S HEALTH CENTER

257-2255

Part of Northeastern Rural Health Clinics, Inc.
1306 Riverside Drive
Susanville, CA 96130

Services: Women's health care, including well woman exams (pap smear, breast screenings, etc.); prenatal care for pregnant women with certified nurse midwives and physicians; family planning education, exams and supplies; pregnancy testing, OB Access, prenatal case management services; childbirth education classes; nutrition and health education. Children and men are also welcome in the practice for general medical care.

Hours: 7 AM – 5 PM, Mon – Fri.

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding fee scale and other assistance available based on eligibility criteria.



LASSEN FAMILY URGENT CARE

257-4001

Part of Northeastern Rural Health Clinics, Inc.
575 Hospital Lane
Susanville, CA 96130

Specialty: Acute illnesses and minor injuries on a walk-in, first-come first-served basis, depending upon urgency.

Hours: 8 AM – 7 PM, Mon – Fri.; closed for lunch 1 - 2 PM.

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding fee scale and other assistance available based on eligibility criteria.

LASSEN INDIAN HEALTH CENTER

257-2542

795 Joaquin Street
Susanville, CA 96130

Services: Complete medical and dental services for Native Americans and non-Native American members of Native American households. Staff includes: physician, dentist, registered and licensed vocational nurses, community health representatives and registered dietician. The Human Services Department includes: mental health therapist, clinical psychologist, and substance abuse counselors.

Hours: 8 AM - Noon & 1 - 5 PM, Mon - Fri

Charges: Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

LASSEN MEDICAL CENTER

257-7773

103 Fair Drive
Susanville, CA 96130

Services: Ambulatory health care facility providing comprehensive health care. Medical care includes pediatrics, allergy, women's health, obstetrics, gynecology, lab, and x-ray. Surgical care includes laser surgery, gynecologic, orthopedic, general surgery, tubal ligation, urological, and vasectomy.

Hours: 8 AM – 5 PM, Mon – Fri. 24-hour answering service.

*Lassen Family Services offers parenting classes. If you are struggling with a toddler or a teen or ages in-between, classes are available to teach you effective parenting skills. **FREE!!***

NORTHEASTERN RURAL HEALTH CLINICS, INC.**257-5563**

Administrative Office
1306 Riverside Drive
Susanville, CA 96130

Services: Physician and medical services provided through Lassen Family Practice, Doyle Family Practice, Westwood Family Practice, Great Basic Primary Care, Lassen Family Urgent Care, and Women's Health Center. Also available is individual health education in stress management, exercise, PMS, smoking cessation, child health and safety, etc. Nutrition counseling is available by a registered dietitian or health educator in weight management, diabetes, hypertension, kidney disease, etc. Dental services available through Lassen Family Dental Practice. A not-for-profit community health center.

SENECA HEALTHCARE DISTRICT**(530) 258-2151**

P.O. Box 737 / 130 Brentwood Drive
Chester, CA 96020

Services: Maternity Clinic and Urgent Care Clinic.

SIERRA HEALTH CLINIC**(530) 827-2226**

P. O. Box 850
Herlong, CA 96113

Services: Doctor and nurse available.

Eligibility: Medical services for Native Americans and the public.

Hours: 8 AM – Noon & 1 – 5 PM, Mon – Fri. On Wednesdays open 8 AM – Noon only.

Charges: Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

SUNBRIDGE SUSANVILLE NURSING CENTER**257-5341**

2005 River Street
Susanville, CA 96130

Services: 96 bed skilled nursing facility provides 24-hour skilled nursing care. Physical, occupational, and speech therapies offered to in-patients; occupational and speech therapies to out-patients..

Eligibility: Residents must need skilled nursing.

Hours: 8 AM – 5 PM, Mon - Fri or by appointment.

Charges: MediCal, Medicare, private insurance, and Veterans Administration contracts accepted.

WESTWOOD FAMILY PRACTICE**(530) 256-3152**

Part of Northeastern Rural Health Clinics, Inc.
P.O. Drawer HH
201 3rd Street
Westwood, CA 96137

Emergency (after hours) 257-5335

Services: Family Practice - Complete medical care for all ages, including dietician, health educator, and prenatal case management. OB-Access, health counseling for smoking and other health risks; foot doctor and chiropractor available on an appointment-only basis.

Hours: 8 AM – 5 PM, Mon - Fri.

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding scale fees and other assistance available.

17a. CHIROPRACTORS

BATESON, C. Owen, DC	257-5543
BAUM-CHITTOCK, Rorie Beth, DC	257-4890
BRANVOLD FAMILY CHIROPRACTIC	257-7751
KOHFELD, D. Bruce, DC	257-6422

17b. DENTAL CARE

BUEHLER, Sean, DDS Lassen Family Dental Practice Family Dentistry	257-8522		
DICICCIO, Pat, DDS MS Orthodontics	257-7791	PRATT, W. T., Jr., DDS Family Dentistry	257-5179
DRURY, Veryl C., DDS Family Dentistry	257-2395	ROSE, Michael, DDS Family Dentistry	257-2725
HODGE, James W., DDS Family Dentistry	257-7256	SALSBURY, R. S., DDS Orthodontics	257-7256
KOVRT, Robert, DDS Family Dentistry	257-2828	STRUVE, Dennis D., DDS Family Dentistry	257-9597
LASSEN INDIAN HEALTH CENTER Family Dentistry	251-5188	VIXIE, Curtis E., DDS Family Dentistry	257-2395
MCKEE, B. T., DDS Family Dentistry	257-5480	VIXIE, Linda Drury, DDS Family Dentistry	257-2395
NORTHROP, R. H., DDS Family Dentistry	257-9099	WHITE, Raymond E., DDS Family Dentistry	257-7256

17c. DOCTORS

BARAKAT, George, MD Orthopedic Surgery	257-9060		
BEAMS, Jay, MD Family Practice	257-4137		
BECKWITH, David R., MD Family Practice	257-7030		
CHANDRAMOULI, V. V., MD Cardiology	257-4806		
DAHLGRAN, Charles, MD Ear, Nose, and Throat, and Allergy	251-2866	HOLMES, Paul W., MD Family Practice	257-5335
DAVAINIS, Paul, MD Family Practice	257-5335	KATIGBAK, AMADO, MD Internal Medicine	257-5116
DOZIER, John, MD Family Practice	257-3900	KORVER, Kenneth, MD Family Practice	257-4186
ESCUTIN, Evelyn, MD Pediatrics	257-5116	LEABMAN, Lee A., MD Obstetrics and Gynecology	251-2080
FLETSCHER, Walter, MD Cardiology	257-4806	MEADOWS, Hal, MD Family Practice	257-7251
GAREY-SAGE, J., MD Urology	(775) 322-7811	MOON, Chae H., MD Cardiology	257-4806
GREEN, C. Gary, MD Radiology	257-6010	MORGAN, Chris, MD Family Practice	257-5335
GROSS, Keith, MD Dermatology	257-7335	POLUSSA, Arthur A., MD Family Practice	252-1400
HARRISON, Clark, MD Gastroenterology	(775) 329-4600	RANGANATH, H. S., MD General Surgery	251-2512
HISS, Paul, MD Ophthalmology	(775) 355-1100	RUSS, Thomas, MD Cardiology	257-4806

SCHONDER, A. A., MD (775) 322-1000
Ophthalmology

WHITING, Charles E., MD 251-2080
Obstetrics and Gynecology

STEEN, Dennis, MD 257-2020
Ophthalmology

WOLFF, Robert, MD (775) 674-1100
Ophthalmology

UPPAL, Indra, MD 257-7773
Obstetrics and Gynecology

WONG, Suiming, DO 257-2395
Indian Health Center
Family Practice

UPPAL, S. K., MD 257-7773
Pediatrics and Allergy

17d. EYE CARE

HISS, Paul, M. D. (775) 355-1100
Ophthalmology

BOOMER, Gregory A., OD 257-4424
Optometry

SCHONDER, A. A., MD (775) 322-1000
Ophthalmology

HLUSAK, Martin, OD 257-2225
Optometry

STEEN, J. Dennis, MD 257-2020
Ophthalmology

MARASON, Richard, OD 257-3636
Optometry

WOLFF, Robert, MD (775) 674-1100
Ophthalmology

17e. FOOT CARE

KNEDGEN, Joseph, DPM 252-1077
Podiatry

NIELSEN, Richard H., DPM 257-4137
Podiatry

17f. HEARING CARE

FAMILY HEARING AID CENTER 257-8877

**NORCAL CENTER ON DEAFNESS 257-5089 TTY
1-888-877-5379 CRS Voice**

17g. SPEECH AND PHYSICAL THERAPY

**FLECKENSTEIN, Julie 257-3532
Speech Language Pathology**

**SUSANVILLE THERAPY &
ATHLETIC REHABILITATION
(S. T. A. R.) 257-8989
Physical Therapy**

**VIAL PHYSICAL THERAPY &
BIOLAB 257-7711
Physical Therapy**

**WESTRA, Connie 257-5341
Occupational Therapy**

Health Indicator: ENVIRONMENT

The Americorps Watershed Project was begun in 1993 to increase awareness in the environment. In 1999, 5,600 students participated in the Watershed Environmental Program in Lassen County. They were taught habitat awareness, tree planting, composting, bluebird and bat housing, and amphibian, bird, and stream monitoring. They were involved in restoration projects such as willow and blackberry planting for erosion control. These projects promote stewardship of our environment.

18. HOSPITALS

LASSEN COMMUNITY HOSPITAL

257-5325

560 Hospital Lane
Susanville, CA 96130

Services: 28-bed hospital with medical, surgical, obstetrics, nursery, pediatrics, orthopedics, pharmacy and an Intensive Care Unit. Emergency Room with physician and nursing services at all times. Out-patient services include laboratory, radiology, respiratory therapy, ECG, EEG, diagnostic imaging, ultrasound, infusion center, and out-patient surgery. Sleep studies is a new service recently added. A family-centered birthing room in a home-type environment is available. A 31-bed skilled nursing facility provides quality care to those requiring long term, skilled or rehabilitative services.

Eligibility: Available to all.

Hours: Emergency Room Services available 24 hours, seven days a week.

Charges: According to services.

SENECA HEALTHCARE DISTRICT

(530) 258-2151

P. O. Box 737
130 Brentwood Drive
Chester, CA 96020

Services: Acute care hospital with skilled nursing facility, out-patient, lab, X-Ray, respiratory therapy, and emergency room with physician on call and ambulance. Maternity clinic and urgent care clinic.

Hours: 24 hours daily, 7 days a week.

Charges: According to service.

OTHER HOSPITALS

ENLOE HOSPITAL in Chico	1-800-822-8102
MAYERS MEMORIAL HOSPITAL in Fall River Mills	(530) 336-5511
MERCY MEDICAL CENTER in Redding	1-800-232-3132
NORTHERN NEVADA MEDICAL CENTER in Reno	(775) 331-7000
REDDING MEDICAL CENTER in Redding	(530) 244-5400
SAINT MARY'S REGIONAL MEDICAL CENTER in Reno	(775) 323-2041
WASHOE MEDICAL CENTER in Reno	(775) 982-4100

19. HOUSING

COMMUNITY VETERAN'S OPPORTUNITY AND SERVICE CENTER

(775) 324-2273

220 Bell St.
Reno, NV 89520

Services: Men's shelter. Dormitory upstairs \$75 a week or \$3 a night downstairs on the floor. Lockers \$5 a week. Shower available, also phone service and mail service available.

ECONOMIC DEVELOPMENT HOUSING DIVISION

251-8309

707 Nevada St., Suite #5
Susanville, CA 96130

Services: Financial assistance to homeowners and home buyers. Small Business loans, and START SMART training program for small business owners. Housing authority, offers rental assistance, administers community development grants and provides technical assistance and grant-writing help.

Eligibility: Must meet financial guidelines.

Hours: 8 AM – 12 PM, Mon – Fri.

LOW INCOME HOUSING

Citrus Manor Apartments, 500 Limonera, Susanville, **257-2297**

Meadowbrook Apartments, 555 N. Roop St., Susanville, **257-5524**

Millview Apartments, 780 Hall St., Susanville, **257-7261**

Parkview Garden Apartments, 320 Limonera, Susanville, **257-4028**

Susanville Gardens Apartments, 1070 Paiute Ln., Susanville, **257-5238**

Feather River Apartments, 100 Delwood, Westwood, **256-3029**

LOW INCOME HOUSING (SENIORS)

Lassen Manor, 205 North Mesa, Susanville, **257-0888**

Susan River Apartments, 1625 Riverside, Susanville, **257-0800**

MODOC / LASSEN INDIAN HOUSING AUTHORITY

257-5141

807 Cottage Street
Susanville, CA 96130

Services: Housing for homeless Native Americans. Services also in Modoc, Glenn, and Tehama Counties.

Eligibility: Any Native American family.

Hours: 8 AM – 5 PM, Mon – Fri.

Charges: Free.

RONALD MCDONALD HOUSE

323 Maine Street

Reno, NV 89502

Located next to Washoe Medical Center

(775) 322-4663

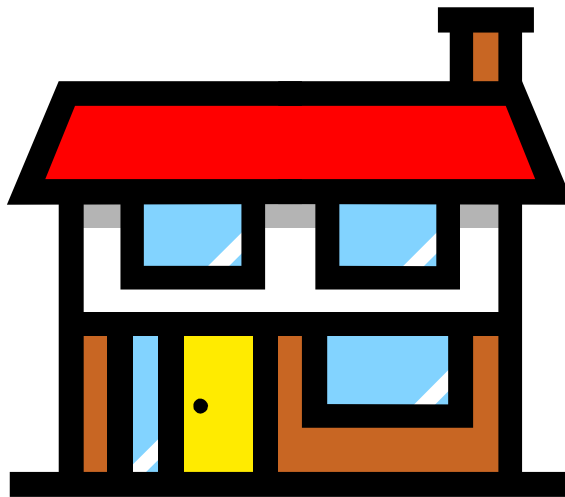
Services: Lodging for parents and families of children receiving care at a nearby hospital. There are 12 bedroom/bath units, along with kitchen, rec room, library and laundry.

Eligibility: Any family with a child receiving in- or out-patient care at any local hospital. If House is full, more serious medical conditions will take priority, if available.

Hours: 9 AM – 12 & 2:30 PM – 9 PM

Health Indicator: SENSE OF COMMUNITY

*SAFE RIDE has been operating in Lassen County since 1986. This program is a non-threatening alternative for teens who need a way home when they find themselves in a situation that is unsafe. ComPAC commends the dedicated youth and adults who volunteer their time to **SAFE RIDE**.*



20. LEGAL SERVICES

FAMILY LAW FACILITATION

257-7704

Kathleen R. Lazard
700 Court Street
Susanville, CA 96130

Services: Help with family law issues including child support, spousal support, health insurance, and paternity.

Eligibility: Anyone, no income limits.

Hours: 9 AM – 5 PM, Mon – Thurs, 9 AM – 12 PM on Fri.

Charges: A Free Service of Lassen County Superior Court.

INDIAN ELDERS COUNCIL – LEGAL SERVICES

257-2113

1700 Sunkist Avenue
Susanville, CA 96130

Services: Help with disability and insurance problems, small claims, social security, landlord/tenant conflicts, and advice on most legal matters.

Eligibility: 60 years of age or older.

Hours: Office open 8 AM – 4 PM, Mon – Fri. Services by appointment.

Charges: Free, donations accepted.

LASSEN COUNTY LAW LIBRARY

251-8227

Located on the 3rd floor of the County Courthouse
220 S. Lassen
Susanville, CA 96130

Services: Law books are available for public use. Computer and internet is available for doing research. A law library computer workstation is also available at the Susanville Library.

Hours: 9 AM – 4 PM, Tues – Fri.

Charges: Free. There is a charge for copies.

LEGAL SERVICES OF NORTHERN CALIFORNIA

1-800-822-9687

Health Indicator: ECONOMY

The 1999 Lassen County Fair “Cowboys and Clowns” was a big success! The total attendance for the fair was 50,247, an increase of 29.8%. The fair showed an overall revenue increase of 2.4%. The year 2000 Lassen County Fair will be held July 19-23.

21. MENTAL HEALTH

LASSEN FAMILY SERVICES

707 Main St. / P.O. Box 701
Susanville, CA 96130

257-4599
Crisis Line 257-5004

Services: 24-hour short-term counseling for anyone in stressful situations such as domestic violence, suicide, depression, loneliness, or just needing to talk. Referrals to appropriate agencies. Domestic Violence Program provides temporary safe housing, food, and clothing for battered women and their children. Referral to long-term shelters and out-of-area relocation. Counseling, support group, and help with temporary restraining orders.

Hours: 8 AM – 5 PM, Mon – Fri. **24 Hour Crisis Line # 257-5004.**

Charges: None. Lassen Family Services is a grant funded, non-profit organization.

LASSEN COUNTY MENTAL HEALTH DEPARTMENT

555 Hospital Lane
Susanville, CA 96130

251-8108
24 Hour Emergency: 257-5004

Services: Emergency and Crisis Intervention Team.

Hours: 24-Hour Crisis Intervention.

Charges: Sliding scale fee, Medi-Cal accepted.

Health Indicator: QUALITY ENVIRONMENT

Lassen Land and Trails conservation and education projects are open to all residents. Adults and youth benefit from these environment-centered programs. Take your friends and family to visit The Depot on Richmond Road. Plan a hike down the Bizz Johnson Trail. Make a day of enjoying the open spaces of Lassen County. ComPAC supports and believes in Quality Environment for all of us.

22. MOTHER AND CHILD HEALTH

CASA DE VIDA

406 Elm Street
Reno, NV 89503

(775) 329-1070

Services: Many of the clients are pregnant teenagers who are frightened, disillusioned and desperately in need of kindness and emotional support. We stress the completion of high school or other further education and help them make concrete, achievable plans for their future.

Eligibility: We offer our services to all regardless of race, color or creed. Any age woman who has a child or is pregnant.

Charges: Casa De Vida is a non-profit organization. A nominal fee is charged based on ability to pay.

CRISIS PREGNANCY CENTER

(775) 826-5144

200 Brinkby Ave.
Reno, NV 89509

Services: Free pregnancy testing, information on all options, referrals for medical care, social services, adoption, legal aid and other supports. Counseling for women and extended family; clothing and furnishings for mother and baby; information and support regardless of choice. **Bilingual Services Available.**

Eligibility: Anyone

Hours: Mon - Fri., 10 AM -12 PM and 2 - 4:30 PM

Charges: None

FAR NORTHERN REGIONAL CENTER

257-5317

170 H Russell Ave.
Susanville, CA 96130

Services: Information and Referral; Diagnosis and Evaluation; Individual Program Planning; Consultation to other Agencies; Prevention Services; Administration to and discharge from State Developmental Centers (State Hospitals); Court Ordered Evaluations; Limited Conservatorship Services; Advocacy; Community Education regarding Developmental Disabilities; may purchase needed services based on prior authorization

Eligibility: Any resident of Butte, Modoc, Siskiyou, Glenn, Plumas, Tehama, Lassen or Trinity Counties with a developmental disability, regardless of age or income; Disability must have originated before the age of 18; Disability must constitute a substantial handicap. Developmental Disabilities include: mental retardation, cerebral palsy, epilepsy, autism, and other conditions closely related to mental retardation or requiring similar treatment.

Hours: Mon – Thurs, 8 AM – 5 PM; Friday, 8 AM – 4 PM.

Charges: No fees for diagnosis, evaluation or coordination of services. Parents of minors who are living in 24 hour community care facilities are required to reimburse the state's Program Development Fund based on a sliding scale for costs of placement services purchased for their children.

LASSEN CHILD & FAMILY RESOURCES

257-9781

336 Alexander Avenue
Susanville, CA 96130

Lassen Child and Family Resource offers a variety of information and resources to meet needs of children, parents, child care providers, agency personnel and the general public. Programs include Child Care Resource and Referral, and subsidized child care services.

Child Care Referrals: Brochures and information on parent and child issues, and referrals to licensed providers with child care openings are available.

Licensing Assistance: Staff will provide information on licensing requirements, assistance in completion of the application materials and provision of resources in the administration and daily operation of a child care program. A bimonthly Family Day Care Orientation class is also offered.

Lending Library: The resource lending library consists of toys, books, tapes and records available to parents, providers and the general public. Items may be borrowed for a two-week period at no cost. The library is open from 10 AM-3 PM, Mon-Fri.

Car Seats: Seats are available on a six-month loan for a deposit of \$10.00.

Newsletters and Workshops: Newsletters, including information on nutrition, activities, advocacy, local events, and other items of interest to families are distributed quarterly. Workshops are offered on a variety of subjects as needs are identified, including Family Day Care orientations on a bimonthly basis.

Subsidized Child Care Programs: Subsidized child care for income-eligible families is available through Cal Works, Latchkey and Block Grant Programs. A special child care program for 3 and 4 year olds is also available.

LASSEN COUNTY PUBLIC HEALTH DEPARTMENT**251-8183**

555 Hospital Lane
Susanville, CA 96130

Clinic Services (by appointment only): Pregnancy testing, pregnancy counseling and referral. Blood pressure screening, T. B. skin testing, glucose and cholesterol testing.

Immunization Clinic: Prevention of communicable disease by county-wide immunization clinics. Testing and communicable disease investigation and follow-up. Call for clinic dates, times, and locations.

California Children's Services: Specialized medical resources for children under 21 years of age who have a medical condition whose family may be unable to pay the full costs of treatment.

Child Health and Disability Prevention Program: Gives referrals for free well-baby/child clinic check-ups through private physicians for Medi-Cal eligible children 0-21 years of age.

Adolescent Family Life Program (AFLP) is a program for pregnant and parenting teens. The goal is to empower teen parents to make healthy choices. Case management, home visits, and parenting information.

CHOICES Program is for brothers and sisters of pregnant and parenting teens for recreation and group activities.

Cal-Learn is a program of case management for pregnant and parenting teens who receive cash aid.

Perinatal Outreach and Education includes home visits and education for pregnant women, including tobacco cessation.

Hours: 8 AM – 5 PM, Mon – Fri.

LASSEN FAMILY PRACTICE WOMEN'S HEALTH CENTER**257-2255**

Part of Northeastern Rural Health Clinics, Inc.
1306 Riverside Drive
Susanville, CA 96130

Services: Women's health care, including well woman exams (pap smear, breast screenings, etc.); prenatal care for pregnant women with certified nurse midwives and physicians; family planning education, exams and supplies; pregnancy testing, OB Access, prenatal case management services; childbirth education classes; nutrition and health education. Children and men are also welcome in the practice for general medical care.

Hours: 7 AM – 5 PM, Mon – Fri.

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding fee scale and other assistance available based on eligibility criteria.

M.A.M.A. CRISIS PREGNANCY CENTER**257-6667**

Lea Vanderley
472 Richmond Road
Susanville, CA 96130

Services: Pregnancy and abortion information; help for women facing crisis pregnancy; child birth coaching; counseling and friendly support services; and maternity and infant clothing. Pregnancy tests available.

Hours: 10 AM – 1 PM on Tuesdays, 10 AM – 1 PM on Fridays.

Charges: Free and confidential.

PLUMAS CRISIS PREGNANCY CENTER**(530) 283-1002**

2288 E. Main Street Suite # B / P.O. Box 1800
Quincy, CA 95971

Services: Free pregnancy tests. Counseling, if desired, with parents, boyfriend, or husband. Teach parenting skills. Help arrange financial assistance. Information on local community resources. Ongoing personal counseling. Furnish maternity clothes and baby things. Referral for adoption information if desired.

Hours: Mon - Fri 9:30 - 12:30, Thurs. 9:00 - 12:00

Charges: Non-profit. Free and Confidential.

SINGLE PARENT NETWORK

257-5566

At Credence High School during the school year
814 Cottage St.
Susanville, CA 96130

Services: Workshops and support groups for teen parents and single adult parents through a Lassen Union High School District - Carl Perkins Vocational Grant.

Eligibility: Teen parent or single parent.

Hours: During school year only, 8 AM – 5 PM, Mon – Fri.

Charges: None.

W.I.C. (WOMEN, INFANTS, CHILDREN)

257-7094

Northeastern Rural Health Clinics Inc.
1306 Riverside Drive
Susanville, CA 96130

Services: Provides healthy supplemental foods, nutrition and referral to pregnant and breast-feeding women, infants, and children under 5 years of age.

Eligibility: Pregnant and post-partum women with a baby less than 6 months old and children under the age of 5 years. Must live in Lassen County.

Hours: 7 AM – 5:30 PM, Mon – Fri.

Fees: Must be income eligible. Low income, Medi-Cal.

In 1996, 30% of all births in Lassen County were to unmarried women. This is consistent with the California rate of 31.4%.

One statistic that is alarming for Lassen County is that of prenatal care in the first trimester. Lassen County statistics show that 27.27% of women do not receive prenatal care within the first trimester.

23. NATIVE AMERICAN SERVICES

INDIAN ELDERS COUNCIL

FOOD SERVICES (see page 32)
LEGAL SERVICES (see page 45)
SENIOR SERVICES (see page 59)
TRANSPORTATION (see page 68)

LASSEN INDIAN HEALTH CENTER**257-2542**

795 Joaquin Street
Susanville, CA 96130

Services: Complete medical and dental services for Native Americans and non-Native American members of Native American households. Staff includes: physician, dentist, registered and licensed vocational nurses, community health representatives and registered dietician. The Human Services Department includes: mental health therapist, clinical psychologist, and substance abuse counselors.

Hours: 8 AM - Noon & 1 - 5 PM, Mon - Fri

Charges: Contract and direct Indian services, Medi-Cal, Medicare and insurance accepted.

MODOC / LASSEN INDIAN HOUSING AUTHORITY**257-5141**

807 Cottage Street
Susanville, CA 96130

Services: Housing for homeless Native Americans. Services also in Modoc, Glenn, and Tehama Counties.

Eligibility: Any Native American family.

Hours: 8 AM – 5 PM, Mon – Fri.

Charges: Free.

24. NUTRITION

NORTHEASTERN RURAL HEALTH CLINICS, INC.**257-5335**

1306 Riverside Drive
Susanville, CA 96130

Registered Dietician: Barbara Byers

Services: Private and group nutrition education or counseling for weight gain and weight loss, hyperlipidemia, hypertension, specializing in planned, low fat, low salt nutritional approach and other special nutritional needs.

Hours: By appointment at Northeastern Rural Health sites in Susanville, Doyle, and Westwood.

Charges: Medi-Cal and Medicare accepted; insurance billing; sliding fee scale and other assistance available based on eligibility criteria.

CONSUMER NUTRITION HOTLINE**1-800-366-1655****HEALTH NUT****257-5800**

2204 Main Street
Susanville, CA 96130

Services: Offers bulk herbs, vitamins, breads. Wheat-free, dairy-free products. Deli and frozen foods section. Juice bar.

Hours: 10 AM – 6 PM Mon – Fri., 10 AM – 5 PM Saturdays, 12 PM- 4 PM Sundays.

LASSEN INDIAN HEALTH CENTER

795 Joaquin Street
Susanville, CA 96130

257-2542

Services: Distribution of nutrition information, individual and family nutrition education and counseling, and meal planning for Native American families. Staff includes community health representatives and registered dietician.

Hours: Call for appointment.

Charges: No cost to registered Native American patients.

MEALS ON WHEELS (See Indian Elders Council under SENIOR SERVICES)

25. PHARMACIES

RITE AID PHARMACY

257-0603

2960 Main St.
Susanville, CA 96130

Services: Full service pharmacy.

Hours: 9 AM – 8 PM Mon – Fri., 9 AM – 5 PM Sat., 10 AM – 5 PM Sun.

WAL-MART PHARMACY

251-2100

2900 Main St.
Susanville, CA 96130

Services: Full service pharmacy.

Hours: 9 AM – 7 PM Mon – Fri., 9 AM – 6 PM Sat., Closed Sundays.



Health Indicator: SENSE OF COMMUNITY

The Lassen County Historical Society brings “History Alive” to the Susanville area. All residents are welcome to witness and learn about our early settlers. Contact the Lassen County Historical Society to get current information on “Rediscovering California at 150” and “History Alive, Chautauqua.” ComPAC has assisted with funding to these programs.

26. RAPE AND SEXUAL ASSAULT

LASSEN FAMILY SERVICES

707 Main St. / P.O. Box 701
Susanville, CA 96130

257-4599
Crisis Line 257-5004

Services: 24-Hour Crisis Line; Temporary Restraining Orders; emergency shelter and transitional housing; emergency transportation, food, and clothing; hospital & law enforcement accompaniment; crisis counseling and community referral; legal aid / court advocacy; domestic violence and sexual support groups; parenting classes; teen group; out-of-area transportation; prevention programs and presentations.

Hours: 8 AM – 5 PM, Mon – Fri. **24 Hour Crisis Line # 257-5004.**

Charges: None. Lassen Family Services is a grant funded, non-profit organization.

MODOC CRISIS CENTER / T.E.A.C.H.

112 East 2nd Street
Alturas, CA 96101

(530) 233-3111
Crisis # 233-4575
1-800-291-2156

Services: 24 hour crisis hotline, emergency shelter, emergency transportation, individual and group counseling for women and children victims of domestic violence or sexual assault, advocacy, accompaniment to court and referral services, emergency food and clothing, TRO assistance, household establishment, rape prevention and community education presentations.

Shelter Capacity: 13 (plus 1 crib)

Charges: None

PARENTS UNITED

575 E. Plumb, Ln., Suite 100
Reno, NV 89520

(775) 329-0623 ext. 105

Services: Assists families in healing from incest and sexual abuse.

Hours: 10 AM – 5 PM, Mon – Fri.

Charges: Free.

Health Indicator: ENVIRONMENT

HUSA, Historic Uptown Susanville Association, works to keep uptown Susanville a pleasant shopping area. ComPAC has worked with HUSA by assisting in funding the uptown street lights and the trash receptacles, two valued improvements for our uptown area. Take the time to shop in uptown Susanville. You'll find the merchants friendly and helpful.

27. RECREATION

ADULT SOFTBALL LEAGUE

251-8815

P. O. Box 3000
Susanville, CA 96130

BODY SCULPTING

Joni 256-3600

Classes in Westwood and Chester.

BUREAU OF LAND MANAGEMENT **257-5381**

2950 Riverside Drive
Susanville, CA 96130

Periodically offers nature hikes. Call for schedule and hiking trail maps.

CENTER WHEELERS SQUARE & ROUND DANCE

Dee 257-4877

Square dancing 6:30 – 7:30 PM every Tuesday evening at Diamond View School in the multi-purpose room. Beginner's square dance classes are offered on an intermittent basis with free lessons for the first two weeks and a minimal fee thereafter.

CITY OF SUSANVILLE PARKS AND RECREATION

257-1031

75 N. Weatherlow
Susanville, CA 96130

Offers a variety of physical activity and recreational programs that vary monthly and seasonally. Age requirements, skill levels, and fees vary by program. Call for more information.



COPPERVALE SKI HILL

257-9965

15 miles west of Susanville on Hwy. 36

Cross-country, downhill skiing, and snowboarding lessons through Lassen Community College. Season passes are available. Open seasonally Tuesdays, Thursdays, Saturdays, Sundays, and holidays.

DIAMOND MOUNTAIN SKI TEAM

Sue 257-5551

EMERSON LAKE MUNICIPAL GOLF COURSE

257-6303

470-835 Wingfield Road
Susanville, CA 96130

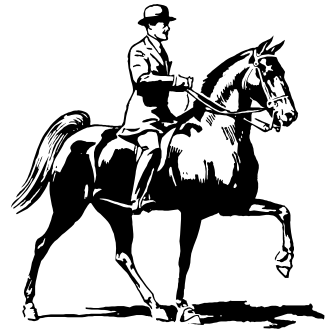
9-hole, par 36, public course. Open daily 6 AM to dusk. Lessons available. Discounts for juniors and seniors. After 4 PM twilight rate of \$8 and a \$10 fee for golf club rental.

HONEY LAKE VALLEY RIDERS

P. O. Box 1824
Susanville, CA 96130

Chris 257-8088**Lori 253-3805**

Family oriented organization devoted to horse activities: play days, horse shows, trail rides, training and informational clinics.

**IRON HORSE GYM**

705 Cottage Street
Susanville, CA 96130

251-4985

Tumbling, aerobics, nautilus machines, free weights, karate, kick-boxing, Yoga, and self-defense classes. Ages 4+. Fees vary, minimum \$20 monthly. Beginning instruction available. Free child care.

JOAN'S STUDIO OF DANCE

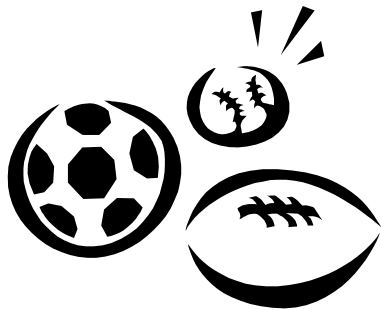
110 S. Gay St.
Susanville, CA

257-3197

Ballet, tap and ballroom dancing lessons. Ages 3 ½ & up. Individual or group lessons. \$39 monthly for four classes, special rates for families and singles.

LASSEN AQUATICS SWIM TEAM

105 Brookwood
Susanville, CA 96130

Tony 257-2430**LASSEN COMMUNITY COLLEGE**

Hwy. 139
Susanville, CA 96130

257-6181

Offers classes in volleyball, cross-country running, basketball, adult fitness, wrestling, baseball, track, golf, softball, aerobics, swimming, recreational volleyball, adaptive PE, free weights, treadmills, boxing, soccer, and skiing. \$11 per unit per semester. High school through adult. Class schedules and offerings may change by semester. Beginning instruction available.

LASSEN COUNTY SPECIAL OLYMPICS

P. O. Box 628
Janesville, CA 96114

Margaret 257-9501

A sports organization that offers a year-round program for the developmentally disabled or delayed. Training starts at age 5 and competing starts at age 8. There is no upper age limit. Competitions are held locally and away. Offers training in bowling, swimming, gymnastics, track & field, and special equestrian days. Around Christmas there is a dinner dance for athletes and their families sponsored by local businesses.



LASSEN LAND AND TRAILS TRUST

P. O. Box 1461
Susanville, CA 96130

257-3252

Lassen Land and Trails Trust sponsors various community activities: trail walks/runs, cross country ski trips, Rails to Trails Festival, Farmer's Market, and Whistle Stop Lecture Series.

LASSEN VELO

Alpine Mountain Sports
120 S. Gay Street
Susanville, CA 96130

257-3767

Individual and family oriented biking activities. \$10 annual fee per individual and family. Free weeknight group rides. Ski rentals also available.



LASSEN YOUTH FAST PITCH SOFTBALL

P. O. Box 105
Susanville, CA 96130



LASSEN YOUTH SOCCER

P. O. Box 1106
Susanville, CA 96130

Jerry 257-7077

NEW IMAGE RACQUETBALL & FITNESS CENTER

1717 Main St.
Susanville, CA 96130

257-9525

Cardio and weight machines, free weights, racquetball, wallyball, handball, basketball league, aerobics, steps, Yoga, adult karate, jacuzzi, kickboxing, sauna, and massage therapy. Youth program includes jazz, karate, kids racquetball and cheerleading. Open daily; program times vary. Beginning instruction available. Monthly fees vary from \$20 (senior) to \$55 monthly (family). Child care is free and available 9 – 11 AM Mon – Sat, and 4:30 – 8 PM Mon – Fri.

POP WARNER FOOTBALL

P. O. Box 144
Susanville, CA 96130

Ken 251-2008

ROOSEVELT POOL

800 South St.
Susanville, CA 96130

257-4401

Open year round. Swimming lessons offered. Call for public swim schedule.



SIERRA LANES BOWL**257-5167**

2772 Main St.
Susanville, CA 96130

Adult leagues and a junior league are offered during the winter months. Open bowling is available during the day and on Saturdays. Bowling lessons are offered by appointment. There is a game room for kids with video games, two pool tables, and air hockey. There is also a coffee shop, and outside there are regulation horseshoe pits.

SIERRA THEATRE**257-7469**

819 Main
Susanville, CA 96130

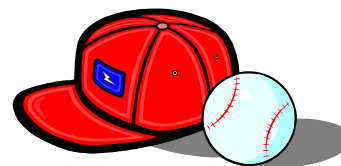
SUSANVILLE DEPOT**257-3252**

601 Richmond Road
Susanville, CA 96130

The Depot is a visitor center and museum and also the trailhead for the Bizz Johnson Trail, which winds 30 miles through the scenic Susan River Canyon to Westwood. The trail is perfect for walks, mountain biking, running, cross-country skiing, fishing and equestrian use. Bike rentals are available, helmets included. Hourly, half-day, and daily rates. Trail is open year-round; the Depot is open 9 AM – 5 PM, Fri – Mon and holidays, May to mid-October or by appointment. Also available is information about the Susanville Ranch Park trails.

SUSANVILLE LITTLE LEAGUE**Alan 257-9319**

P. O. Box 476
Susanville, CA 96130

**SUSANVILLE MOTHERS CLUB****Cathy 251-4902**

Playgroups, kid's tours, and social activities for families. \$24 annual membership. Meets the second Tuesday of every month at 7 p.m. at the Monticola Club.

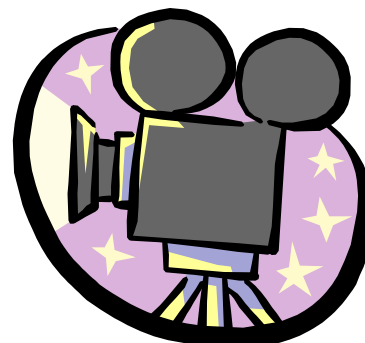
TANGLED HAIR EXPEDITIONS**257-5848**

1135 Ashley Way
Susanville, CA 96130

Outdoor adventures and women's retreats.

UPTOWN CINEMAS**257-7469**

501 Main
Susanville, CA 96130

**WELL-WITHIN YOGA****Laima 256-3383**

Westwood, CA 96137

WHISPERING PINES STABLES AND RIDING CLUB

257-2555

Hwy. 36
P. O. Box 168
Susanville, CA 96130

Guided trail rides, pony rides, BBQ's, riding lessons, parties, early morning breakfast rides or moonlight champagne trail rides. We have a fine selection of rental horses to suit all riders. Boarding is available for long or short term stays.

WHITE TIGER MARTIAL ARTS CLUB

Bob 252-1330

55 S. Weatherlow
Susanville, CA 96130

Martial arts classes for children age 5 or 6 to adult. Classes are held two nights a week. Minimal charge. An outreach of the Salvation Army.



Health Indicator: STRONG FAMILIES

*Another very successful **Children's Fair** was held on May 1, 1999. Approximately 15,000 enthusiastic parents, children, and community members met at the Fairgrounds. Ninety-four booths, numerous exhibits, and costumed characters provided a day filled with fun for children and their parents. The weather was fantastic. Plans are underway for the year 2000 Children's Fair, Saturday, May 6th.*

The purpose of the Fair, co-coordinated and co-sponsored by the County Office of Education and supported by the County Board of Education, is to provide a day of "Fun and Families Together" at minimal cost for families. The goal of the Fair is to show that people can have fun together without drugs and/or alcohol. Several vendors donate a portion of their profits to Lassen County charitable organizations that provide assistance to children.

28. SELF-HELP RESOURCES

ALCOHOLICS ANONYMOUS

257-2880

476 Alexander St.
Susanville, CA 96130

Services: Self-help program of recovery from the disease of alcoholism.

Eligibility: A desire to stop drinking.

Hours: 24-hour answering service. Call or check local newspaper for meeting information in Susanville, Westwood, and Big Valley.

Charges: Free, donations only.

HIV/AIDS SUPPORT GROUP

251-8183

MEDI-CARE HOTLINE

1-800-638-6833

NARCOTICS ANONYMOUS

Meets 7 p.m. Thursdays at 50 S. Weatherlow.

OVEREATERS ANONYMOUS

Amy 257-3445



RUNAWAY HOTLINE

1-800-621-4000

SUSANVILLE DISTRICT LIBRARY

251-8127

1618 Main Street
Susanville, CA 96130

Services: Lots of self-help information available: books, videos, magazines, pamphlets, and audio materials.

Web site: www.infopeople.org/Susanville/

Hours: Tuesday, 10 AM - 5 PM

Wednesday, Noon - 7 PM

Thursday, 3 PM - 7 PM

Friday, 1 PM - 5 PM

Saturday, 10 AM - 5 PM

Closed Sunday and Monday

Charges: \$28 annual fee if you live out of the Susanville City limits.



WEIGHT WATCHERS

Carol 1-800-326-8450 ext. 2020

29. SENIOR SERVICES

GREEN THUMB

257-7512

Inside the Lassen Career Network
2545 Main Street
Susanville, CA 96130

Services: Provides mature Americans with community service training and employment.

Eligibility: Age 55+

Charges: Free.

HAZEL WOBBE'S COUNTRY COTTAGE

254-6764

714-950 Sagebrush Blvd.
Susanville, CA 96130

Services: Licensed residential care home for the elderly.

Eligibility: Can no longer live alone. Must be ambulatory: crutches, cane, wheelchair, and walker accepted.

Additional Information: Country living, home-like atmosphere - a place to be independently active, yet have help in areas of need. Under new management – Hazel and Lyle Wobbe are back.

INDIAN ELDERS COUNCIL

257-2113

1700 Sunkist
Susanville, CA 96130

MEALS PROGRAM: Four nutrition sites serve hot lunches in Lassen County. For a \$2.50 donation, persons over 60 can enjoy a nutritionally balanced meal. Transportation is available. Meals are also delivered in Westwood, Susanville, and Big Valley for seniors who are homebound because of physical disabilities.

Westwood site serves five days a week, except holidays, and is located at 2nd and Birch. **256-3009**

Susanville site serves five days a week and is located at the Senior Center Building at 1700 Sunkist Drive. **257-2113**

Big Valley site serves on Tuesdays and Thursdays at the Memorial Building in Bieber. **294-5745**

Doyle site serves on Thursdays at the Doyle Community Center. **827-2572**

TRANSPORTATION: Transportation provided to nutrition site, medical appointments, shopping, banking, and Post Office. A van goes from Susanville to Reno on Tuesdays and Thursdays for medical appointments. Donations are accepted and appreciated. **Taxi Coupons** for seniors and disabled people who live in the city of Susanville can be purchased at the Susanville Senior Center between 9 AM – 3 PM, Mon – Fri.

ADVOCACY / INFORMATION: Advocates work one-on-one with Seniors to put them in touch with services and programs they need or want.

LEGAL SERVICES: Help with disability and insurance problems, small claims, social security, landlord/tenant conflicts, and advice on most legal matters.

TELEPHONE ASSURANCE: In effect since 1980, a network of concerned volunteers call Senior Citizens who may not have much communication with the outside world. They call to make sure that they are well, their needs are being met, and for friendly chats. Seniors living alone are encouraged to participate.

Eligibility: Age 60+ and their spouse.

Hours: Office open 9 AM – 3:30 PM, Mon – Fri.

Charges: Donations are accepted and appreciated

JOLLY ELDERS OF JANESVILLE

463-690 Main St.
P. O. Box 672
Janesville, CA 96114

253-2533
Wednesdays: 253-2755

Services: Social activities for seniors (i.e. cards, chicken foot, rummikub) each Wednesday from Noon to 3 PM. The second Wednesday of each month is board meeting at 3 PM. The third Wednesday of each month is a potluck social starting at 11:30 AM with games following. A non-denominational Bible study group meets each Monday 10 - Noon (call 253-2651 for information). On Monday and Thursday the Pinochle Club players meet (hours vary, so call 253-3062 for information).

Eligibility: 55 or older.

Charges: Dues are \$5.00 per year.

LASSEN COMMUNITY HOSPITAL - HOME AND COMMUNITY CARE

257-6191

145 S. Lassen
Susanville, CA 96130

Services: Provides skilled nursing to patients referred by physicians. Also offers physical, occupational, and speech therapy. Home health aides are available to help with personal care, live-in care, or assistance as needed in the home.

Eligibility: To receive skilled nursing care, a patient must be homebound.

Hours: Staff is on call 24 hours a day. Office hours: 8 AM – 5 PM, Mon – Fri.

Charges: Medi-Care and Medi-Cal are accepted, private insurance and private pay.

LASSEN COMMUNITY HOSPITAL – SKILLED NURSING FACILITY

257-5325

560 Hospital Lane
Susanville, CA 96130

Services: 31-bed skilled nursing facility.

Eligibility: Patient must be admitted and treated by a physician who is on the hospital medical staff.

Hours: 24 hours daily, 7 days a week.

Charges: According to services. Medi-Care and Medi-Cal accepted.

LASSEN COUNTY COUNCIL ON AGING

257-4884

1700 Sunkist Dr.
Susanville, CA 96130

Services: Senior Citizens' Brown Bag Program provides fruit, vegetables, and staple foods to eligible seniors. Special services available for the home-bound. USDA Surplus Commodities are distributed to low-income persons of all ages on the 3rd Wednesday of each month. Available in Lassen and Modoc Counties. Also, energy assistance is available to eligible Lassen County senior citizens.

Eligibility: Must meet low-income guidelines and must apply for membership.

Charges: \$5.00 membership fee requested on Brown Bag Program. Other arrangements are also available.

Health Indicator: HEALTH

Health of the community is effected through each member actively working to keep themselves physically, mentally, spiritually, and emotionally healthy.

LASSEN COUNTY HEALTH AND HUMAN SERVICES

251-8158

P. O. Box 1359
720 Richmond Road
Susanville, CA 96130

In-Home Supportive Services: Enables aged, blind, or disabled adults to remain in their homes or return to homes from out-of-home facilities. Helps with housekeeping tasks and non-medical personal care. Eligibility is determined by income evaluation and fees vary.

Out-of-Home Services – Adult: Provides for adults who cannot remain in their own homes because they can no longer take care of themselves adequately. Eligibility is determined by age, income, and diagnosis. Services are free.

Protective Services – Adult: Social workers respond most often to situations where disabled or elderly adults may be neglected, abused, or exploited. Call 251-8277.

Hours: 8 AM – 5 PM, Mon – Fri.

LASSEN COUNTY VETERANS SERVICES

251-8192

Veterans Memorial Building
1205 Main Street
Susanville, CA 96130

Services: Advice regarding rights and services for veterans regarding compensation, pension, education, or vocational rehabilitation, insurance, loans, and hospitalization and medical benefits. Also assistance in obtaining supporting documents and advice in preparing claims.

Eligibility: Services available to veterans or dependents.

Hours: 8 AM – 5 PM, Mon – Thurs.

Charges: Free.

LASSEN MANOR

257-0888

205 North Mesa Street
Susanville, CA 96130

Services: 5 handicapped units, 16 studio units, and 55 one bedroom units. Activities include potlucks, barbecues, movies, Bible study, bingo, birthday parties, and health clinics. Emergency call buttons. Grab bars in tub and showers.

Eligibility: 62 or over, or disabled. Application necessary.

Hours: 8 AM – 5 PM, Mon – Fri.

Charges: Rent based on income.

LIFELINE

257-5325 ext. 271

560 Hospital Lane
Susanville, CA 96130

Run by the Lassen Community Hospital Auxiliary. Leave message if interested.

Services: This is an emergency response system whereby participants are provided with a personal alarm button which, when activated, makes direct contact to the hospital nursing station. From this point, contact is made to a predetermined friend or relative who is asked to check on the participant. If none is available, 9-1-1 will be contacted.

Eligibility: Anyone may use this service. It is valuable to those living alone, the elderly or unstable, or patients with conditions which may require intermittent emergency assistance.

Charges: \$15.00 per month for voice-activated units with a \$10.00 installation charge.

MEADOWLARK MANOR

474-850 Ladybug Lane
Susanville, CA 96130

257-2956
FAX 251-5458

Services: Licensed residential care home for the elderly. Nutritious meals and assistance in daily needs. No skilled nursing on staff, but access to Lassen Community Home Health.

Eligibility: Can no longer live alone, ambulatory and non-ambulatory.

MEALS ON WHEELS (See Indian Elders Council in this section)**MILFORD SENIORS**

PO Box 113
Milford, CA 96121

253-2657

Services: Meetings are held the second Thursday of each month with a potluck lunch at noon at the Milford Community Building on Laughman Road.

SENIOR RESOURCE CENTER

Lassen Community Hospital
560 Hospital Lane
Susanville, CA 96130

257-5325 ext. 207

Services: A centralized case management system for senior citizens and their families. Assessment of health care and social needs with referrals to resources.

Eligibility: Individuals who are 60+ years old.

Hours: 9 AM – 4 PM

Charges: No Fee

SOCIAL SECURITY ADMINISTRATION

170 Russell Avenue, Suite A
Susanville, CA 96130

1-800-772-1213
257-2032

Services: Provides processing of social security, disability, Medicare, and supplemental security income claims. Also issues Social Security cards.

Hours: 9am. - 4pm., Mon, Tues, Thurs, Fri.

Eligibility: Varies according to program

Charges: Free

SUNBRIDGE SUSANVILLE NURSING CENTER

2005 River St.
Susanville, CA 96130

257-5341

Services: 96 bed skilled nursing facility provides 24-hour skilled nursing care. Physical, occupational, and speech therapies to out-patients.

Eligibility: Residents must need skilled nursing. MediCal, Medicare, private insurance, and Veterans Administration contracts accepted.

Hours: 8AM – 5 PM, Mon- Fri. or by appointment.

SUSAN RIVER APARTMENTS

1625 Riverside Drive
Susanville, CA 96130

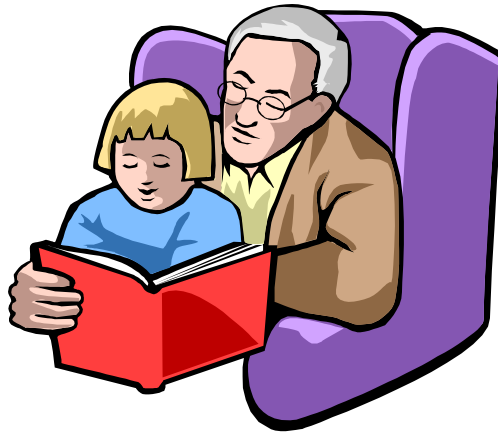
257-0800

Services: 4 handicapped units – 40 units total; all ground level.

Eligibility: Must be age 62 or over, or disabled. Application necessary; always a waiting list.

Hours: 9 AM – Noon & 1 PM – 4 PM, Mon – Fri.

Charges: Rent based on income.



Health Indicator: SENSE OF COMMUNITY

*The **Senior Center** at 1700 Sunkist Avenue provides a Lassen County Senior Citizen database as well as e-mail and internet access to seniors. Any interested senior may request training to use the computers. ComPAC is proud to have taken part in helping to fund the purchase of these computers.*

**30. SOCIAL AND SERVICE
CLUBS AND ORGANIZATIONS**

**American Assoc. Of University Women
697-940 Gold Run Road
Susanville, CA 96130
Georgianne 257-2957**

**American Legion
687-950 Spruce Way
Susanville, CA 96130
Larry 825-3193**

**American Legion Auxiliary
Eagle Lake Post 162
687-950 Spruce Way
Susanville, CA 96130
Rose 825-3256**

**Beta Mu Masters
824 Shasta
Susanville, CA 96130
Connie 257-3213**

**B.P.O. Elks #1487
P. O. Box 1299
Susanville, CA 96130
Lodge 257-4810
Jim 254-6132**

**Catholic Daughters
P. O. Box 501
Susanville, CA 96130
Theresa 257-2848**

**Daughters of American Revolution
Mt. Tehama Chapter
P. O. Box 237
Janesville, CA 96114
Willa 253-2614**

**Ducks Unlimited, Honey Lake Chapter
P. O. Box 262
Susanville, CA 95130
Jeff 257-7191**

**Eagle Lake Sailing Assoc.
705-475 Indians Road
Janesville, CA 95114
Ken 253-3889**

**Experimental Aircraft Association
Susanville Airport
471-920 Johnstonville Rd.
Susanville, CA 96130
Jim 257-7674**

**Friends of the Library
P. O. Box 1257
Susanville, CA 96130
Daphne 257-4024**

**Fraternal Order of Eagles
460 South St.
Susanville, CA 96130
Sandy 257-5780**

**Historic Uptown Susanville Assoc.
84 N. Lassen St.
Susanville, CA 96130
Lillian 257-6506**

**Honey Lake Court #1, Amaranth
1502 North St.
Susanville, CA 96130
Claudine 257-3918**

Honey Lake Valley Grange #825
P. O. Box 432
Standish, CA 95128
Carol 254-6891

Italian Catholics and Friends
920 Cherry Terrace
Susanville, CA 96130
Mike 257-2825

Kiwanis Club of Susanville
P. O. Box 1025
Susanville, CA 96130
Ann 257-2681 or Steve 253-3278

Knights of Columbus
701-055 Richmond Rd.
Susanville, CA 96130
John 257-6587

Lassen Baseball Boosters
P. O. Box 3000
Susanville, CA 96130
Glen 251-8815

Lassen College Gunsmith Guild
P. O. Box 3000
Susanville, CA 96130
John 251-8809

Lassen Community Hospital Auxiliary
560 Hospital Lane
Susanville, CA 96130
Gift shop at hospital 257-5325 ex. 271

Lassen Country Corvettes
59 S. Lassen St.
Susanville, CA 95130
Wayne 257-5065

Lassen County American Indian Org.
P. O. Box 1549
Susanville, CA 96130
Joleen 257-4403

Lassen County Arts Council
P. O. Box 91
Susanville, CA 96130
Colleen 257-5222

Lassen County Cattlemen's Assoc.
P. O. Box 811
Susanville, CA 96130
Dennis 257-4441

Lassen County Cattlewomen
P. O. Box 1469
Susanville, CA 96130

Lassen County Historical Society
P. O. Box 321
Susanville, CA 96130
Janet 257-4584

Lassen County Sheriff's Posse
P. O. Box 673
Susanville, CA 96130

Lassen County Sheriff's Posse-ettes
P. O. Box 162
Janesville, CA 96114
Phylis 253-3026

Lassen Gem and Mineral Society
P. O. Box 161
Susanville, CA 96130
Tom 257-7806

Lassen Janesville Lodge #149
84 N. Lassen
Susanville, CA 96130
Jim 257-6009

Lassen Kustom Kruzers
P. O. Box 270352
Susanville, CA 96127
Don or Jeanine 257-2572

**Lassen Shrine Club
P. O. Box 1059
Susanville, CA 96130
Bob 253-3672**

**Laureate Theta Psi
Chapter of Beta Sigma Phi
471-340 Diane Dr.
Susanville, CA 96130
Carol 257-2709**

**Monticola Club
P. O. Box 392
Susanville, CA 96130
Louise 257-5487**

**Nataqua Neversweats (RV Camping Club)
P. O. Box 313
Janesville, CA 96114
Bill 253-3320**

**Native Daughters of the Golden West
Nataqua Parlor #152
P. O. Box 1905
Susanville, CA 96130
Eve 257-3434**

**Neversweat Chapter #1863
210 S. Pine St.
Susanville, CA 96130
Tim 257-6747**

**P. E. O. Chapter S. U.
697-940 Gold Run Road
Susanville, CA 96130
Georgianne 257-2957**

**Pheasants Forever
P. O. Box 358
Susanville, CA 96130
Paul 257-3695 or Jim 257-6464**

**Rolling Readers, USA
P. O. Box 1726
Susanville, CA 96130
Mimi 257-6240**

**Rotary Club of Susanville
P. O. Box 1291
Susanville, CA 96130
Ted 257-3472**

**Sierra Sportsmen
P. O. Box 1807
Susanville, CA 96130
Ed 257-3200**

**Soroptimist International
P. O. Box 442
Susanville, CA 96130
Marilyn C. 257-5624 or
Marilyn S. 257-3062**

**South Lassen Business and Recreation Assoc.
P. O. Box 434
Doyle, CA 96109
Michael 827-3294**

**Susanville Bridge Club
50 Foss St.
Susanville, CA 96130
Pat 257-3994**

**Susanville Elks Lodge
P. O. Box 1299
Susanville, CA 96130
257-4810**

**Susanville Emblem Club
P. O. Box 236
Susanville, CA 96130
Jill 257-2917**

**Susanville Eskualdunak
(Basque Club)
P. O. Box 332
Susanville, CA 96130
Michell 257-4820**

**Susanville Quilting Club at
Susanville Parks and Recreation
257-1035**

**Susanville Theatre Foundation
P. O. Box 1722
Susanville, CA 96130
Dennis Roberts 253-2251**

**Susanville Toastmasters
471-810 Richmond Road
Susanville, CA 96130
257-2011**

**U. C. Davis Cal Aggie Alumni Assoc.
697-465 Bauer Road.
Susanville, CA 96130
Bruce and Patti 257-9220**

**Veterans of Foreign Wars, Herlong
P. O. Box 701
Herlong, CA
Gary 827-3415**

**Veteran of Foreign Wars, Susanville
1205 Main St.
Susanville, CA 96130
Henri 257-2474**

**Xi Delta Lambda Sorority
P. O. Box 368
Janesville, CA 96114
Deborah 253-3966**

31. SUICIDE PREVENTION

CRISIS LINE

257-5004

Services: Offers peer counseling on all subjects: suicide, depression, child physical and sexual abuse, domestic violence, family problems, alcohol and drug abuse, and information on all social service agencies in Lassen County, and the services they provide. A service of Lassen Family Services.

Hours: 24 hours per day, 7 days a week.

Warning signs of teen suicide:

- 1. A recent suicide in the family**
- 2. Suicide threats**
- 3. Traumatic event in your life**
- 4. Sudden changes in school behavior**
- 5. Recent losses**
- 6. Sudden changes in personality or appearance**
- 7. Heavy use of drugs or alcohol**
- 8. Making final arrangements of giving away prized possessions**

32. *TRANSPORTATION*



HONEY LAKE EXPRESS (See Mt. Lassen Cab & Shuttle Service)

251 - 5000

INDIAN ELDERS COUNCIL

1700 Sunkist
Susanville, CA 96130

257-2113

Services: Transportation provided to nutrition site, medical appointments, shopping, banking, and Post Office. A van goes from Susanville to Reno on Tuesdays and Thursdays for medical appointments. Appointments must be made between 10 AM and 2:30 PM, at least 3 days before travel day. Persons needing transport will be picked up at their homes, taken to their doctor's appointments, and delivered back to their homes. **Taxi Coupons** for seniors and disabled people who live in the city of Susanville can be purchased at the Susanville Senior Center between 9 AM – 3 PM, Mon – Fri.

Eligibility: Seniors.

Charges: Donations are accepted and appreciated.

LASSEN RURAL BUS

701-980 Johnstonville Road
Susanville, CA 96130

252-7433

Services: Lassen Rural Bus has 2 commuter routes, 1 Susanville City fixed route, Dial-a-Ride, and special transit services.
West County commuter route offers round trips between Susanville and Hamilton Branch and stops along the way.
South County commuter route offers round trips between Susanville and Doyle and stops along the way.
Susanville City fixed route offers 1 hour loops in-town to school, governmental, residential and commercial areas.
Dial-a-Ride offers door-to-door individualized service in Susanville for elderly and disabled for \$1.75 per ride.
Special transit service is available to groups with special needs at \$2.36 per mile.
Lassen Rural Bus now connects with Plumas County Transit and Modoc County's Sage Stage. Call for details.
All LRB coaches are equipped with a wheelchair lift and two wheelchair tie-downs. Web site: www.lrbs.com

Hours: LRB does not operate on weekends or some holidays.

Charges: Fares vary according to destination. FREE semester passes are available for all Lassen College Students.

MT. LASSEN CAB & SHUTTLE SERVICE

2985 Johnstonville Road
Susanville, CA 96130

257-5277

Services: Passenger and light freight service. Susanville to and from Reno -- \$20 one way, \$35 round trip. The back route includes Portola, Quincy, Chester, and Lake Almanor from Reno, \$30 one way. Regularly stops at Greyhound Bus Depot, Reno/Tahoe International airport, and Amtrak.

Hours: Open 7 days a week.

SAFE RIDE PROGRAM

472-013 Johnstonville Rd. North
Susanville, CA 96130
Part of Lassen County Office of Education

257-2196

Rides: 257-SAFE in Susanville

Services: A student-operated program available through Lassen and Credence High Schools. Big Valley, Herlong, and Westwood High Schools participate in program during special events. Gives confidential rides home as an alternative to drinking and driving. Student drivers and dispatchers. Adult advisors always needed.

Charges: Free.

Hours: Office: 8 AM – 5 PM, Mon – Fri.

Rides: 10 PM – 2 AM, Friday and Saturday nights.

Health Indicator: HEALTH

*The Susanville Soroptomists are promoting the **Baby Think It Over Project**. This program encourages teens to postpone childbearing. Thirty four "babies" will be used by teens in the local schools in Family Life classes. ComPAC has donated to this program and the Lassen Community Hospital has donated stocked diaper bags for these babies.*

33. YOUTH AND TEEN SERVICES

BOY SCOUTS OF AMERICA

Nevada Area Council
5150 Mae Anne Avenue
Reno, NV 89523

(775) 787-1111

There are several Boy Scout troops in Lassen County. Scouting is for those who love the great outdoors: hiking, camping, fishing. Call the Nevada Area Council for more information. Web site: www.bsa.scouting.org

CAMP FIRE BOYS AND GIRLS CLUBS

Lassen County Camp Fire
712-325 Sears Road
Janesville, CA 96114

Sue Cenotti 253-2756

Camp Fire Boys and Girls is for youth Kindergarten-8th Grade. It is a club that offers crafts, nature activities, and community service. Web site: www.campfire.org/

4-H CLUBS

251-8285

University of California Cooperative Extension
707 Nevada Street
Susanville, CA 96130

4-H is a non-formal educational youth development program which provides a wide variety of enrichment activities. Youth are eligible to participate from Kindergarten to 19 years of age. There are seven clubs in Lassen County offering a wide variety of projects, more than just animal sciences (such as clothing, foods and nutrition, home arts, sheep, poultry, dog care, bicycles, camping, vegetable gardens, computers, photography, sports, arts & crafts, pets, aerospace, etc.) 4-H is a large club in this area with approximately 250 youth and 70 adult leaders participating each year. Club members usually meet once a month to conduct club business. Club members enroll in the projects of their choice and attend project meetings. The fees change yearly: 1999-2000 youth fees are \$11.00 for horse projects and \$8.50 for all other projects; 1999-2000 adult leader fees are \$6.00 for horse projects and \$3.50 for all other projects.

GIRL SCOUTS OF THE SIERRA NEVADA, LASSEN UNIT

Patty 257-9220

697-465 Bauer Road
Susanville, CA 96130
Girl Scouts of the Sierra Nevada Council Office: **1-800-222-5406**

Girl Scouts encourages interest in the out-of-doors, arts and crafts, and service activities. Girls join troops based on age or grade. "Girl Scouts...where girls grow strong." Web site: www.gssn.org

JOB'S DAUGHTERS

Janeen 257-6706

470-430 Amesbury Dr.
Susanville, CA 96130

Job's Daughters welcomes girls from 11 to 20 years old who have an ancestor who was a Mason. Job's Daughters is a character building organization which teaches leadership, speaking, parliamentary traditions, and community service.

LASSEN AMBULANCE EXPLORER SCOUT POST #220

Wayne 257-0249

700 Ash St.
Susanville, CA 96130

A Boy Scouts of America troop in which boys and girls ages 14 - 21 can ride along with the ambulance and emergency personnel to get a first hand look at emergency services.

LASSEN KNIGHTS ORDER OF DEMOLAY

Don 253-2593 or Bill 257-7180

84 N. Lassen St.
Susanville, CA 96130

DeMolay is a leadership organization for young men of junior high and high school age (12 – 21 years old), which teaches skills through social, athletic and civic service events. DeMolay is sponsored by the Masonic organization. No qualifications to join.

SUSANVILLE DISTRICT LIBRARY

1618 Main Street
Susanville, CA 96130

251-8127

Youth programs at the library include a teen reading club which meets the first Wednesday of each month at 4 PM for book discussions and refreshments. A teen magazine and book section is available as well as an adolescent Health Information Center. Computers and internet are popular and always in use. Web site: www.infopeople.org/Susanville/

SUSANVILLE YOUTH CHOIR

Karen 257-8515

A youth choir for boys and girls in second through eighth grades. Children receive instruction in voice, music reading, and stage deportment. The music is chosen from the standard literature for children's choir as well as from the "popular" repertoire. Fall and spring registration. The fall season concentrates on music surrounding winter and Christmas and culminates in a free concert for the community. Uniform fee and monthly tuition.

Local schools and churches provide many programs for youth in our community.

Clubs at the high schools include:

Academic Olympics

Athletics

Band/Chorus/Pep Band

Christian Club

Class of [2000, 2001, 2002, 2003]

CSF (California Scholarship Federation)

Drama Club

Drill Team

FBLA (Future Business Leaders of America)

FFA (Future Farmers of America)

FHA – HERO (Future Homemakers of America – Home Economics Related Occupations)

NHS (National Honor Society)

Pep Club/Cheerleading

SAFE ride

Spanish Club

VICA (Vocational Industrial Clubs of America)

See listings also under Recreation

The majority of teens indicate talking to parents about 3 hours total per week.

